



Buttermilk Parmesan Potatoes

READY IN



112 min.

SERVINGS



8

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup buttermilk
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 cup milk 2%
- ☐ 1 cup parmesan cheese divided freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 14 small potatoes cubed peeled
- ☐ 0.3 cup onion red minced

☐ 0.5 teaspoon salt

Equipment

☐ sauce pan

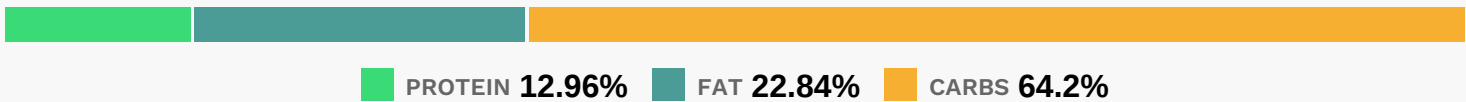
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Lightly grease 9x13 inch baking dish. Arrange potatoes over the bottom of the dish, and set aside.
- ☐ Melt 1 tablespoon butter in a saucepan over medium heat.
- ☐ Add the garlic and onion; cook and stir until the onion is transparent, about 5 minutes. Stir in 3 tablespoons butter until melted.
- ☐ Sprinkle the flour, salt, and pepper over the onion mixture. Cook and stir until mixture bubbles and thickens, about 2 minutes. Continue to stir the flour mixture while gradually pouring in the milk and buttermilk, and return the mixture to boiling. Stir in 3/4 cup Parmesan cheese; cook for 2 minutes until melted, and mixture is smooth.
- ☐ Pour the mixture over the potatoes in the baking dish, stirring to coat evenly.
- ☐ Bake in preheated oven for 1/2 hour, and stir.
- ☐ Bake 1/2 hour longer, stir the potato mixture again, and sprinkle with remaining 1/4 cup Parmesan cheese.
- ☐ Bake for 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:41.09, Glycemic Load:41.56, Inflammation Score:-7, Nutrition Score:19.506956468458%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 374.93kcal (18.75%), Fat: 9.66g (14.87%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 61.14g (20.38%), Net Carbohydrates: 54.33g (19.76%), Sugar: 5.52g (6.14%), Cholesterol: 27.82mg (9.27%), Sodium: 461.51mg (20.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Vitamin C: 59.27mg (71.84%), Vitamin B6: 0.93mg (46.38%), Potassium: 1375.28mg (39.29%), Phosphorus: 311.05mg (31.1%), Fiber: 6.8g (27.21%), Manganese: 0.53mg (26.7%), Calcium: 221.02mg (22.1%), Vitamin B1: 0.31mg (20.8%), Magnesium: 81.09mg (20.27%), Vitamin B3: 3.52mg (17.61%), Copper: 0.35mg (17.41%), Vitamin B2: 0.27mg (16.14%), Folate: 62µg (15.5%), Iron: 2.66mg (14.81%), Selenium: 9.07µg (12.95%), Vitamin B5: 1.18mg (11.8%), Zinc: 1.72mg (11.46%), Vitamin B12: 0.47µg (7.87%), Vitamin A: 325.37IU (6.51%), Vitamin K: 6.53µg (6.22%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.25mg (1.67%)