



Cast-Iron Herbed Potatoes Anna



Vegetarian



Gluten Free

READY IN



104 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 6 garlic cloves finely chopped
- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 2.3 pounds russet potatoes peeled thinly sliced
- ☐ 0.8 teaspoon salt divided
- ☐ 2 tablespoons vegetable oil

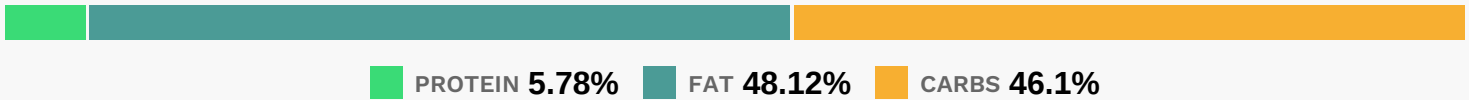
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ stove
- ☐ spatula
- ☐ oven mitt

Directions

- ☐ Melt butter in a small skillet over medium heat.
- ☐ Add garlic. Cook 2 minutes or just until garlic is lightly browned.
- ☐ Remove from heat, and stir in rosemary and thyme; set aside.
- ☐ Brush bottom and sides of a 9" cast-iron skillet with 2 tablespoons oil. Arrange enough potato slices to cover bottom of skillet, overlapping slices; drizzle with one-third herbed garlic butter.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Repeat procedure twice with remaining potato, herbed garlic butter, salt, and pepper.
- ☐ Brush a piece of aluminum foil with melted butter; press foil firmly, buttered side down, onto potato slices.
- ☐ Bake at 400 for 1 hour and 10 minutes.
- ☐ Remove from oven, and using an oven mitt, press down firmly on the aluminum foil-covered potatoes.
- ☐ Remove aluminum foil, and place skillet on stovetop over medium heat. Cook 5 minutes.
- ☐ Remove from heat; let stand 2 minutes. Invert potatoes onto a plate, coaxing potatoes loose from skillet with a spatula.
- ☐ Bake potatoes Anna earlier in the day; invert onto an ovenproof plate, and cover loosely with foil. Just before serving, uncover and reheat at 400 for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:18.41, Inflammation Score:-7, Nutrition Score:6.7217391224011%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 203.69kcal (10.18%), Fat: 11.22g (17.26%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 22.28g (8.1%), Sugar: 0.82g (0.91%), Cholesterol: 20.34mg (6.78%), Sodium: 285.77mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin B6: 0.47mg (23.64%), Potassium: 552.81mg (15.79%), Manganese: 0.28mg (13.99%), Vitamin C: 9.43mg (11.43%), Vitamin K: 9.56µg (9.1%), Magnesium: 32.05mg (8.01%), Phosphorus: 77.27mg (7.73%), Fiber: 1.91g (7.64%), Iron: 1.33mg (7.37%), Vitamin B1: 0.11mg (7.35%), Copper: 0.15mg (7.32%), Vitamin B3: 1.36mg (6.8%), Vitamin A: 287.75IU (5.75%), Folate: 18.91µg (4.73%), Vitamin B5: 0.42mg (4.16%), Vitamin E: 0.51mg (3.43%), Vitamin B2: 0.05mg (3.1%), Zinc: 0.43mg (2.84%), Calcium: 28.23mg (2.82%), Selenium: 0.93µg (1.33%)