



Checkerboard Potatoes

 **Vegetarian**  **Gluten Free**

READY IN



90 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon ground cinnamon to taste
- 1 cup heavy cream
- 3 large potatoes red cut into 1/4 inch slices
- 8 servings salt to taste
- 24 ounce sweet potatoes cut into 1/4 inch slices
- 0.5 cup butter unsalted

Equipment

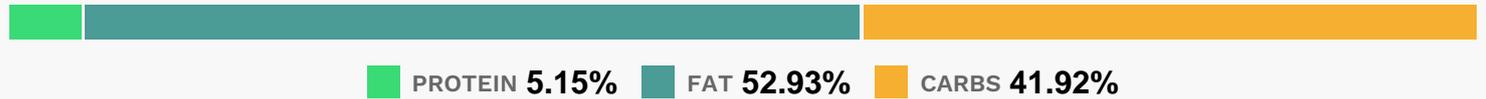
- oven

baking pan

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a 9x13 inch baking dish, alternate the sweet potato and red potato slices in overlapping rows to create a checkerboard effect.
- Pour the cream evenly over the potatoes. Dot with pieces of butter, and sprinkle with cinnamon.
- Bake uncovered for 1 hour in the preheated oven, or until the potatoes are fork tender, and slightly brown around the edges.
- Remove from the oven and let stand for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:8.45, Inflammation Score:-10, Nutrition Score:15.040434816609%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 373.19kcal (18.66%), Fat: 22.49g (34.59%), Saturated Fat: 14.19g (88.72%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 35.1g (12.76%), Sugar: 6.22g (6.91%), Cholesterol: 64.12mg (21.37%), Sodium: 275.08mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin A: 12867.77IU (257.36%), Potassium: 948.47mg (27.1%), Manganese: 0.44mg (21.89%), Vitamin B6: 0.42mg (21.2%), Fiber: 4.97g (19.88%), Vitamin C: 14.12mg (17.12%), Copper: 0.32mg (16%), Phosphorus: 145.12mg (14.51%), Magnesium: 54.15mg (13.54%), Vitamin B1: 0.19mg (12.34%), Vitamin B5: 1.16mg (11.58%), Vitamin B3: 2.09mg (10.45%), Vitamin B2: 0.16mg (9.15%), Folate: 35.89µg (8.97%), Iron: 1.57mg (8.74%), Vitamin K: 7.53µg (7.17%), Calcium: 63.76mg (6.38%), Vitamin E: 0.84mg (5.6%), Zinc: 0.8mg (5.32%), Vitamin D: 0.69µg (4.59%), Selenium: 2.24µg (3.2%), Vitamin B12: 0.07µg (1.2%)