



Cheesy Rosemary Potatoes

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



245 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter melted
- 0.5 teaspoon rosemary dried crushed
- 0.3 cup breadcrumbs dry
- 3 garlic clove minced
- 0.5 teaspoon lemon zest grated
- 1 tablespoon olive oil
- 1 medium onion thinly sliced
- 0.1 teaspoon pepper

- 4 large potatoes diced peeled
- 1 teaspoon lawry's seasoned salt
- 8 ounces cheddar cheese shredded divided

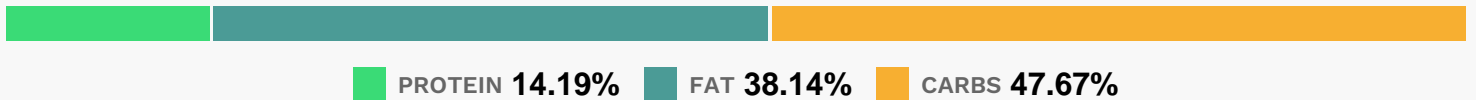
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- In a large skillet or saucepan, saute onion and garlic in oil until tender.
- Add potatoes, seasoned salt, pepper and lemon peel.
- Remove from the heat. Spoon half into a greased 1-1/2-qt. baking dish.
- Sprinkle with 1 cup cheese. Repeat layers.
- Combine bread crumbs, butter and rosemary; sprinkle over cheese. Cover and bake at 400° for 40 minutes. Uncover and bake 20 minutes longer or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:31.98, Glycemic Load:19.34, Inflammation Score:-5, Nutrition Score:11.075217337712%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 245.13kcal (12.26%), Fat: 10.54g (16.22%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 26.05g (9.47%), Sugar: 1.87g (2.08%), Cholesterol: 25.69mg (8.56%), Sodium: 419.13mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Vitamin C: 30.3mg (36.73%), Vitamin

B6: 0.48mg (23.95%), Phosphorus: 197.42mg (19.74%), Potassium: 664.76mg (18.99%), Calcium: 187.96mg (18.8%), Fiber: 3.59g (14.37%), Manganese: 0.29mg (14.3%), Selenium: 7.74µg (11.06%), Magnesium: 42.66mg (10.67%), Vitamin B1: 0.16mg (10.52%), Vitamin B2: 0.16mg (9.57%), Copper: 0.18mg (9.07%), Zinc: 1.33mg (8.87%), Vitamin B3: 1.77mg (8.83%), Folate: 33.46µg (8.36%), Iron: 1.37mg (7.62%), Vitamin B5: 0.57mg (5.67%), Vitamin A: 265.83IU (5.32%), Vitamin K: 4.57µg (4.35%), Vitamin B12: 0.25µg (4.2%), Vitamin E: 0.42mg (2.83%)