



## Creamy Garlic Potatoes from the LACTAID® Brand

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



166 kcal

SIDE DISH

### Ingredients

- 0.8 cup canola oil
- 0.7 cup flour all-purpose
- 2 cloves garlic minced
- 2 teaspoons parsley chopped
- 1.8 pounds potatoes
- 2.3 cups lactaid® reduced fat milk
- 1 teaspoon salt

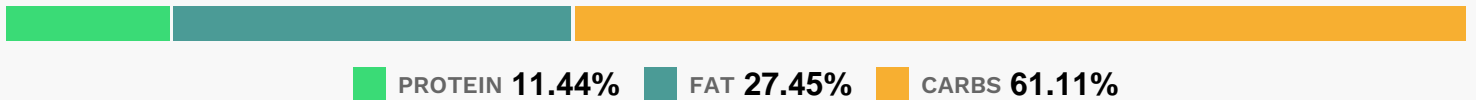
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F.
- Peel, slice and salt potatoes.
- Place flour in a large bowl and dredge potatoes in flour.
- Heat canola oil in a large skillet over medium-high heat. Carefully place potatoes in hot oil. Fry on both sides until golden brown.
- Place a single layer of fried potatoes in a 9x9 inch baking dish.
- Sprinkle minced garlic over the potatoes.
- Layer the remaining potatoes on top of the garlic.
- Pour LACTAID® Reduced Fat Milk over the potatoes.
- Bake in preheated oven 35-45 minutes or until lightly browned and bubbling.
- Sprinkle with parsley just before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.53, Glycemic Load:16.45, Inflammation Score:-3, Nutrition Score:7.8391304378924%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 166.21kcal (8.31%), Fat: 5.12g (7.87%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 23.43g (8.52%), Sugar: 3.82g (4.24%), Cholesterol: 4.89mg (1.63%), Sodium: 292.75mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin C: 17.74mg (21.5%), Vitamin B6: 0.3mg (14.79%), Potassium: 469.73mg (13.42%), Phosphorus: 117.6mg (11.76%), Vitamin B1: 0.17mg (11.23%), Vitamin B2: 0.19mg (11.05%), Manganese: 0.22mg (10.93%), Fiber: 2.21g (8.82%), Calcium: 86.79mg (8.68%), Folate: 34.17µg (8.54%), Vitamin B3: 1.54mg (7.69%), Magnesium: 29.24mg (7.31%), Selenium: 5.03µg (7.18%), Iron: 1.14mg (6.36%), Copper: 0.11mg (5.72%), Vitamin B12: 0.32µg (5.4%), Vitamin B5: 0.52mg (5.24%), Vitamin K: 4.86µg (4.63%), Vitamin E: 0.69mg (4.58%), Zinc: 0.62mg (4.15%), Vitamin A: 66.1IU (1.32%)