



Crisp Oven-Browned Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



228 kcal

Ingredients

- ☐ 3 tablespoons olive oil
- ☐ 0.5 stick butter unsalted melted
- ☐ 3 pounds yukon gold potatoes

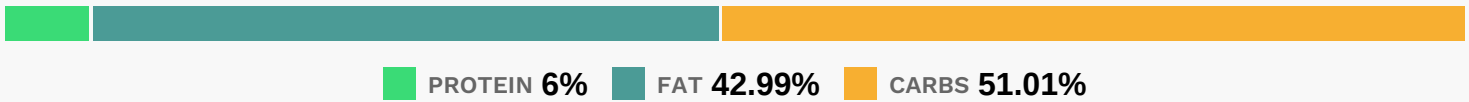
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F with rack in upper third. Butter a 3-to 4-quart shallow baking dish.
- ☐ Peel potatoes and thinly slice (about 1/16 inch thick) with slicer. Toss with butter, oil, 1 teaspoon salt, and 1/2 teaspoon pepper in a large bowl.
- ☐ Transfer to dish and cover tightly with foil.
- ☐ Bake 20 minutes.
- ☐ Remove foil and increase oven temperature to 450°F, then continue to bake until top is browned and crisp, about 25 minutes more.
- ☐ Potatoes can be baked 2 hours ahead and kept at room temperature. Reheat, loosely covered with foil, in a 250°F oven.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:21.75, Inflammation Score:-4, Nutrition Score:9.0343477706546%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 228.02kcal (11.4%), Fat: 11.13g (17.13%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 25.98g (9.45%), Sugar: 1.33g (1.48%), Cholesterol: 15.18mg (5.06%), Sodium: 11.09mg (0.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Vitamin C: 33.51mg (40.62%), Vitamin B6: 0.5mg (25.1%), Potassium: 717.86mg (20.51%), Fiber: 3.74g (14.97%), Manganese: 0.26mg (13.03%), Phosphorus: 98.65mg (9.87%), Magnesium: 39.26mg (9.82%), Copper: 0.18mg (9.24%), Vitamin B1: 0.14mg (9.1%), Vitamin B3: 1.8mg (8.98%), Iron: 1.36mg (7.54%), Folate: 27.43µg (6.86%), Vitamin K: 6.89µg (6.56%), Vitamin E: 0.94mg (6.25%), Vitamin B5: 0.51mg (5.11%), Vitamin A: 179.89IU (3.6%), Vitamin B2: 0.06mg (3.34%), Zinc: 0.5mg (3.33%), Calcium: 22.16mg (2.22%)