



## Crispy Parmesan Baked Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



25 kcal

SIDE DISH

### Ingredients

- 3 Tbsp butter melted
- 1 tsp garlic powder
- 0.5 cup parmesan cheese grated kraft
- 1.8 lb yukon gold potatoes

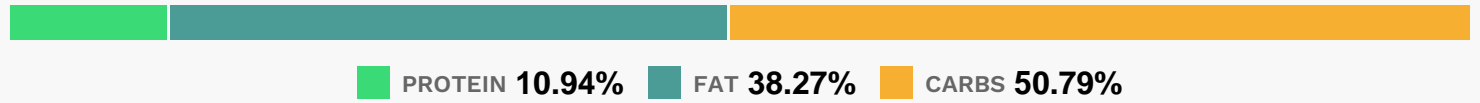
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Combine cheese and garlic powder in shallow dish.
- Dip cut-sides of potatoes in butter, then in cheese mixture.
- Place, cheese sides down, on baking sheet; drizzle with any remaining butter.
- Bake 30 to 35 min. or until potatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:3.08, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:1.0782608775341%

## Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 25.28kcal (1.26%), Fat: 1.1g (1.68%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.14g (0.16%), Cholesterol: 3mg (1%), Sodium: 26.63mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin C: 3.48mg (4.21%), Vitamin B6: 0.05mg (2.71%), Potassium: 77.36mg (2.21%), Phosphorus: 17.61mg (1.76%), Fiber: 0.39g (1.58%), Manganese: 0.03mg (1.43%), Calcium: 12.22mg (1.22%), Magnesium: 4.52mg (1.13%)