



# Delmonico Potatoes

 Vegetarian  Gluten Free

READY IN



825 min.

SERVINGS



7

CALORIES



526 kcal

SIDE DISH

## Ingredients

- 0.4 cup butter
- 2 teaspoons parsley dried
- 0.5 teaspoon pepper black
- 1.5 cups milk
- 2 tablespoons onion minced
- 5 large potatoes
- 1 cup processed cheese food shredded
- 2 teaspoons salt

16 ounce cream sour

## Equipment

bowl

oven

pot

baking pan

## Directions

Bring a large pot of salted water to boil, place potatoes in the boiling water.

Let potatoes cook until they are just becoming tender, approximately 8 to 10 minutes. Refrigerate the potatoes overnight.

Preheat oven to 350 degrees F (175 degrees C).

Grate the potatoes. In a small bowl, combine 1 teaspoon parsley, 1 teaspoon salt, 1/4 teaspoon pepper, 1 tablespoon minced onion, and 1/2 of the butter or margarine. In a separate small bowl, combine sour cream and milk.

Layer 1/2 of the grated potatoes into the bottom of the prepared baking dish.

Sprinkle the dried spice mixture over the layer of potatoes.

Pour 1/2 of the sour cream and milk mixture over the potatoes and butter layers. Top this layer with 1/2 cup of processed cheese spread. Repeat the layering process one more time.

Bake the casserole for one hour.

## Nutrition Facts



**PROTEIN 9.25%** **FAT 51.52%** **CARBS 39.23%**

## Properties

Glycemic Index:36.82, Glycemic Load:34.92, Inflammation Score:-8, Nutrition Score:20.089565049047%

## Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Quercetin: 2.42mg,

Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

## Nutrients (% of daily need)

Calories: 525.6kcal (26.28%), Fat: 30.71g (47.25%), Saturated Fat: 17.45g (109.07%), Carbohydrates: 52.61g (17.54%), Net Carbohydrates: 46.72g (16.99%), Sugar: 7.36g (8.18%), Cholesterol: 90.65mg (30.22%), Sodium: 1132.86mg (49.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.81%), Vitamin C: 52.75mg (63.94%), Vitamin B6: 0.85mg (42.56%), Phosphorus: 384.59mg (38.46%), Calcium: 375.33mg (37.53%), Potassium: 1305.36mg (37.3%), Fiber: 5.89g (23.56%), Manganese: 0.45mg (22.36%), Magnesium: 79.48mg (19.87%), Vitamin A: 987.96IU (19.76%), Vitamin B2: 0.32mg (18.71%), Vitamin B1: 0.26mg (17.22%), Copper: 0.31mg (15.49%), Vitamin B3: 2.92mg (14.61%), Vitamin B5: 1.29mg (12.93%), Iron: 2.26mg (12.56%), Vitamin B12: 0.74µg (12.32%), Folate: 48.64µg (12.16%), Selenium: 8.37µg (11.96%), Zinc: 1.71mg (11.41%), Vitamin K: 8.14µg (7.75%), Vitamin E: 0.75mg (4.97%), Vitamin D: 0.7µg (4.63%)