



Delmonico Potatoes



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups half-and-half
- ☐ 2 pound hash brown potatoes frozen thawed
- ☐ 8 ounce processed cheese

Equipment

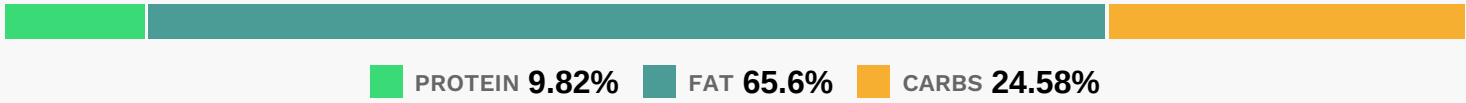
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil
- ☐ stove
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place frozen potatoes in a 13 x 9 inch baking dish.
- ☐ In a saucepan on the stovetop or in microwave on low, melt together cheese and butter or margarine. When melted, blend in the cream.
- ☐ Pour mixture over frozen potatoes, and cover pan with foil.
- ☐ Bake for 1 hour.
- ☐ Remove foil, and bake 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:6.02, Inflammation Score:-5, Nutrition Score:9.9304347919381%

Nutrients (% of daily need)

Calories: 379.14kcal (18.96%), Fat: 28.18g (43.35%), Saturated Fat: 16.85g (105.31%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 22.17g (8.06%), Sugar: 3.15g (3.5%), Cholesterol: 80.03mg (26.68%), Sodium: 626.8mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Calcium: 375.73mg (37.57%), Phosphorus: 295.9mg (29.59%), Vitamin A: 836.62IU (16.73%), Potassium: 443.87mg (12.68%), Vitamin B2: 0.2mg (12.02%), Vitamin C: 9.84mg (11.93%), Selenium: 8.14µg (11.64%), Vitamin B3: 1.98mg (9.9%), Vitamin B12: 0.56µg (9.41%), Manganese: 0.18mg (8.89%), Vitamin B1: 0.13mg (8.87%), Zinc: 1.19mg (7.95%), Iron: 1.32mg (7.35%), Vitamin B6: 0.14mg (7.23%), Vitamin B5: 0.67mg (6.71%), Magnesium: 26.18mg (6.54%), Copper: 0.13mg (6.54%), Fiber: 1.59g (6.35%), Vitamin E: 0.71mg (4.71%), Vitamin K: 2.52µg (2.4%), Folate: 9.04µg (2.26%), Vitamin D: 0.17µg (1.13%)