



Duchess Potatoes

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

Ingredients

- 3 pounds baking potatoes scrubbed
- 3 large eggs
- 0.5 cup half-and-half
- 6 servings nutmeg freshly grated
- 0.3 cup parmesan freshly grated
- 6 servings salt
- 4 tablespoons butter unsalted softened
- 6 servings butter unsalted melted for drizzling over the potatoes

6 servings bell pepper white

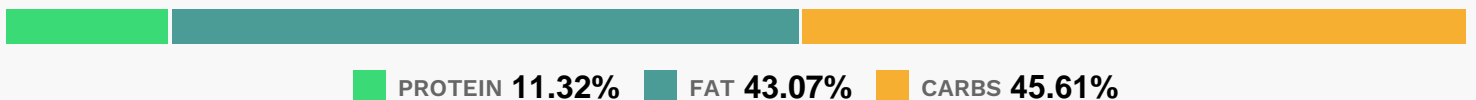
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- broiler
- pastry bag
- potato ricer

Directions

- Bake the potatoes in a preheated 400 degree F oven for 1 hour, or until they are tender.
- Halve the potatoes lengthwise, scrape the flesh into a bowl, and press them through a ricer into a large bowl. With an electric mixer beat in the butter, 1 tablespoon at a time, the whole eggs, 1 at a time, and the half-and-half and beat the mixture until it is combined well and smooth.
- Add 1/3 cup of Parmesan.
- Add the nutmeg, pepper, and salt, to taste, and transfer the mixture to a pastry bag fitted with a large decorative tip.
- Pipe the mixture into 6 rosettes onto a buttered baking sheet and drizzle them with the melted butter and remaining cheese. (The rosettes may be chilled, covered loosely, for several hours or overnight).
- Bake the potatoes in a preheated 350 degree F oven for 10 to 15 minutes for potatoes at room temperature, or for 25 to 30 minutes for chilled potatoes, or until they are heated through. Then, put the baking sheet under a preheated broiler about 6 inches from the heat, and broil the potatoes until the tops are golden.

Nutrition Facts



Properties

Glycemic Index:30.29, Glycemic Load:32.68, Inflammation Score:-6, Nutrition Score:14.600434738657%

Nutrients (% of daily need)

Calories: 382.31kcal (19.12%), Fat: 18.71g (28.78%), Saturated Fat: 11.06g (69.16%), Carbohydrates: 44.57g (14.86%), Net Carbohydrates: 40.69g (14.8%), Sugar: 2.95g (3.28%), Cholesterol: 134.65mg (44.88%), Sodium: 343.93mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.13%), Vitamin B6: 0.85mg (42.29%), Potassium: 1023.91mg (29.25%), Manganese: 0.51mg (25.47%), Phosphorus: 243.17mg (24.32%), Vitamin C: 13.59mg (16.47%), Magnesium: 65.38mg (16.34%), Fiber: 3.89g (15.55%), Iron: 2.8mg (15.53%), Selenium: 10.72µg (15.31%), Vitamin B2: 0.26mg (15.01%), Copper: 0.3mg (14.82%), Calcium: 143.38mg (14.34%), Vitamin B1: 0.21mg (14.15%), Vitamin A: 612.28IU (12.25%), Vitamin B3: 2.44mg (12.2%), Folate: 46.65µg (11.66%), Vitamin B5: 1.17mg (11.65%), Zinc: 1.29mg (8.6%), Vitamin B12: 0.35µg (5.86%), Vitamin K: 5.52µg (5.25%), Vitamin D: 0.74µg (4.95%), Vitamin E: 0.68mg (4.54%)