



# Garlic Hasselback Potatoes with Herbed Sour Cream

 Vegetarian  Gluten Free

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

312 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon parsley leaves fresh finely chopped
- ☐ 3 to 5 garlic cloves thinly sliced
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 16 ounces new potatoes red
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup cup heavy whipping cream sour

☐

4 tablespoons butter    unsalted melted

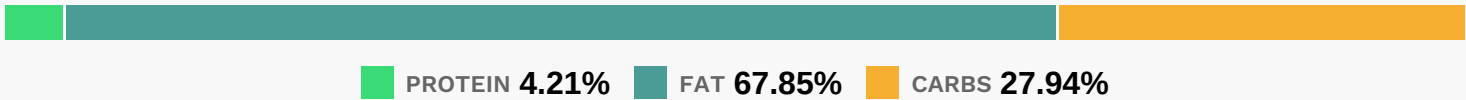
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Using a wooden spoon as a cradle, place each potato in the spoon and make several parallel slits into each potato top making sure not to slice completely through.
- ☐ Place 3 garlic slices between slits at the crown of each potato. Toss in a medium bowl with butter and olive oil.
- ☐ Place on a baking sheet and sprinkle generously with salt and pepper.
- ☐ Bake until tops are crispy and potatoes are cooked through, about 1 hour.
- ☐ Transfer to a platter and top with Herbed Sour Cream.
- ☐ Combine ingredients in a small bowl. Season, to taste, and refrigerate until use.

## Nutrition Facts



## Properties

Glycemic Index:45.69, Glycemic Load:14.75, Inflammation Score:-5, Nutrition Score:8.9191305015398%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 311.71kcal (15.59%), Fat: 24.06g (37.02%), Saturated Fat: 11.1g (69.35%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 19.66g (7.15%), Sugar: 1.91g (2.13%), Cholesterol: 47.06mg (15.69%), Sodium: 18.58mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Vitamin C: 24.63mg (29.86%), Vitamin K: 24.38µg (23.22%), Vitamin B6: 0.38mg (19.1%), Potassium: 537.14mg (15.35%), Vitamin A: 616.23IU (12.32%), Manganese: 0.23mg (11.64%), Fiber: 2.63g (10.54%), Vitamin E: 1.47mg (9.77%), Phosphorus: 95.58mg (9.56%), Magnesium: 30.76mg (7.69%), Copper: 0.14mg (7.07%), Vitamin B1: 0.1mg (6.95%), Vitamin B3: 1.26mg (6.3%), Iron: 1.08mg (5.99%), Folate: 22.07µg (5.52%), Vitamin B2: 0.09mg (5.5%), Calcium: 52.27mg (5.23%), Vitamin B5: 0.47mg (4.69%), Zinc: 0.49mg (3.24%), Selenium: 1.96µg (2.8%), Vitamin D: 0.21µg (1.4%), Vitamin B12: 0.08µg (1.4%)