



Hasselback Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- 2 tablespoons breadcrumbs
- 8 servings butter melted
- 2 tablespoons parmesan cheese grated
- 6 medium potatoes peeled
- 1 teaspoon salt

Equipment

- frying pan
- oven

roasting pan

Directions

Preheat oven to 40

Slice each potato crosswise at 1/8-inch intervals, cutting to within 1/4 inch of the bottom. Be careful not to cut all the way through. Arrange potatoes in a buttered roasting pan.

Drizzle 2 tablespoons melted butter evenly over potatoes, and sprinkle with salt.

Bake potatoes at 425 for 25 minutes.

Sprinkle breadcrumbs over potatoes, drizzle with remaining melted butter, and bake 25 more minutes.

Sprinkle cheese over potatoes, baste with butter in pan, and bake 5 more minutes until potatoes are golden.

Nutrition Facts



PROTEIN 8.95% **FAT 23.74%** **CARBS 67.31%**

Properties

Glycemic Index:16.72, Glycemic Load:20.43, Inflammation Score:-4, Nutrition Score:8.6434782608696%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 174kcal (8.7%), Fat: 4.68g (7.2%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 26.24g (9.54%), Sugar: 1.4g (1.56%), Cholesterol: 11.84mg (3.95%), Sodium: 372.6mg (16.2%), Protein: 3.97g (7.95%), Vitamin C: 31.47mg (38.15%), Vitamin B6: 0.48mg (23.77%), Potassium: 681.01mg (19.46%), Fiber: 3.63g (14.51%), Manganese: 0.27mg (13.46%), Phosphorus: 104.31mg (10.43%), Vitamin B1: 0.15mg (10.17%), Magnesium: 38.36mg (9.59%), Vitamin B3: 1.85mg (9.26%), Copper: 0.18mg (8.98%), Iron: 1.38mg (7.64%), Folate: 28.46µg (7.11%), Vitamin B5: 0.5mg (4.96%), Vitamin B2: 0.07mg (3.95%), Zinc: 0.56mg (3.73%), Calcium: 36.17mg (3.62%), Vitamin K: 3.57µg (3.4%), Vitamin A: 138.96IU (2.78%), Selenium: 1.6µg (2.28%)