



Pommes Anna (Potatoes Anna)

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- 3 pounds baking potatoes peeled cut into 1/8-inch-thick slices
- 0.5 teaspoon pepper black
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 teaspoon sea salt
- 1 tablespoon butter unsalted divided melted
- 2.5 tablespoons butter unsalted

Equipment

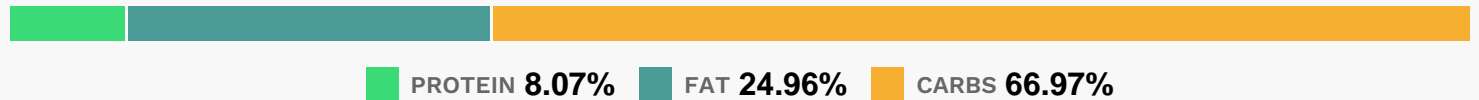
- bowl

- frying pan
- oven
- spatula

Directions

- Preheat oven to 45
- Combine salt and pepper in a small bowl.
- Melt 2 1/2 tablespoons butter in a 10-inch cast-iron or ovenproof heavy skillet over medium heat. Arrange a single layer of potato slices, slightly overlapping, in a circular pattern in pan; sprinkle with 1/4 teaspoon salt mixture.
- Drizzle 1/2 teaspoon melted butter over potatoes. Repeat the layers 5 times, ending with butter. Press firmly to pack. Cover and bake at 450 for 20 minutes.
- Uncover and bake an additional 25 minutes or until potatoes are golden. Loosen edges of potatoes with a spatula.
- Place a plate upside down on top of pan; invert potatoes onto plate.
- Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:24.2, Inflammation Score:-3, Nutrition Score:7.8121739075236%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 178.79kcal (8.94%), Fat: 5.11g (7.86%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 28.59g (10.4%), Sugar: 1.06g (1.18%), Cholesterol: 13.17mg (4.39%), Sodium: 300.17mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin B6: 0.59mg (29.39%), Potassium: 715.27mg (20.44%), Manganese: 0.28mg (14.24%), Vitamin C: 10.36mg (12.56%), Vitamin K: 11.9µg (11.33%), Magnesium: 39.72mg (9.93%), Phosphorus: 95.51mg (9.55%), Vitamin B1: 0.14mg (9.36%), Fiber: 2.26g (9.04%),

Copper: 0.18mg (8.94%), Vitamin B3: 1.77mg (8.86%), Iron: 1.51mg (8.39%), Folate: 24.78µg (6.19%), Vitamin B5: 0.52mg (5.22%), Vitamin A: 197.57IU (3.95%), Vitamin B2: 0.06mg (3.47%), Zinc: 0.51mg (3.38%), Calcium: 25.01mg (2.5%), Vitamin E: 0.16mg (1.09%), Selenium: 0.75µg (1.07%)