



Potato and Parmesan Cake



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano finely grated
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 pound yellow-fleshed potatoes such as yukon gold

Equipment

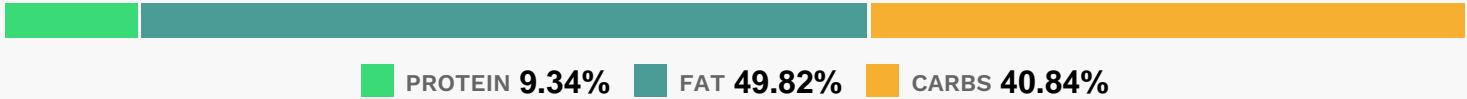
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Stir together butter and oil in a cup.
- ☐ Peel potatoes, then thinly slice using slicer and toss with 2 tablespoons butter mixture, salt, and pepper in a large bowl.
- ☐ Heat remaining butter mixture in a 10-inch heavy ovenproof nonstick skillet over moderately high heat.
- ☐ Spread one third of potatoes evenly in skillet. Toss remaining potatoes with cheese and spread evenly over first layer of potatoes in skillet, pressing with a spatula. Cook 3 minutes, then transfer skillet to oven and roast, uncovered, pressing top occasionally with spatula, until potatoes are tender and top is starting to brown, 20 to 25 minutes.
- ☐ Invert potato cake onto a cutting board and cut into wedges.
- ☐ *Available at Asian markets, some cookware shops, and Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:14.57, Inflammation Score:-4, Nutrition Score:7.104782640934%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 193.26kcal (9.66%), Fat: 10.9g (16.77%), Saturated Fat: 5.14g (32.1%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 17.57g (6.39%), Sugar: 0.94g (1.04%), Cholesterol: 19.3mg (6.43%), Sodium: 543.82mg (23.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin C: 22.34mg (27.08%), Vitamin B6: 0.34mg (17.04%), Potassium: 486.62mg (13.9%), Phosphorus: 109.89mg (10.99%), Fiber: 2.53g (10.11%), Manganese: 0.19mg (9.6%), Calcium: 90.15mg (9.01%), Magnesium: 29.2mg (7.3%), Copper: 0.13mg (6.38%), Vitamin B1: 0.09mg

(6.24%), Vitamin B3: 1.22mg (6.08%), Iron: 0.97mg (5.4%), Vitamin K: 5.06µg (4.82%), Folate: 18.81µg (4.7%), Vitamin E: 0.69mg (4.62%), Vitamin A: 226.69IU (4.53%), Vitamin B5: 0.37mg (3.73%), Vitamin B2: 0.06mg (3.51%), Zinc: 0.51mg (3.4%), Selenium: 1.82µg (2.61%), Vitamin B12: 0.09µg (1.45%)