



Potato-Parmesan Pavé

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

SIDE DISH

Ingredients

- ☐ 3 cups heavy whipping cream
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 4 large potatoes peeled thinly sliced
- ☐ 8 servings salt and pepper black freshly ground

Equipment

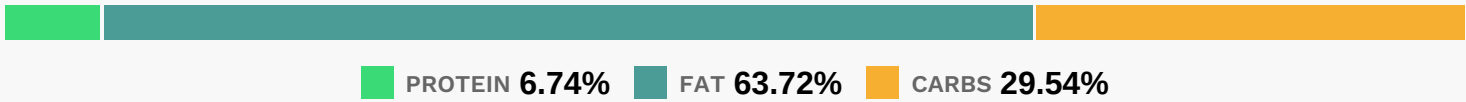
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ casserole dish

Directions

- ☐ To prepare the pavé: Preheat the oven to 350°F. In a medium bowl, toss the potato slices with the cream until thoroughly coated. Generously butter a ceramic casserole dish. Arrange 4 layers of the potatoes in the bottom of the pan and season with salt and pepper.
- ☐ Sprinkle half of the Parmesan cheese on the potatoes and cover with 4 layers of potato. Season with salt and pepper, sprinkle on the remaining Parmesan, and layer the remaining potatoes over the cheese. Season with salt and pepper.
- ☐ Bake for 1 1/2 hours, or until the potatoes are tender.
- ☐ Recipe adapted from Charlie Trotter Cooks at Home

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:23.61, Inflammation Score:-8, Nutrition Score:13.710434727047%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 472.08kcal (23.6%), Fat: 34.14g (52.52%), Saturated Fat: 21.55g (134.66%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 31.52g (11.46%), Sugar: 4.05g (4.5%), Cholesterol: 106.29mg (35.43%), Sodium: 144.56mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Vitamin C: 36.88mg (44.71%), Vitamin B6: 0.58mg (29.04%), Vitamin A: 1370.27IU (27.41%), Potassium: 874.36mg (24.98%), Phosphorus: 196.71mg (19.67%), Fiber: 4.08g (16.34%), Manganese: 0.3mg (15.06%), Vitamin B2: 0.25mg (14.62%), Calcium: 136.74mg (13.67%), Magnesium: 51.04mg (12.76%), Vitamin B1: 0.17mg (11.15%), Copper: 0.21mg (10.65%), Vitamin B3: 2.01mg (10.04%), Vitamin D: 1.46µg (9.73%), Iron: 1.57mg (8.7%), Folate: 33.48µg (8.37%), Vitamin B5: 0.8mg (7.95%), Selenium: 5.42µg (7.75%), Zinc: 1.02mg (6.81%), Vitamin K: 6.63µg (6.32%), Vitamin E: 0.87mg (5.82%), Vitamin B12: 0.23µg (3.79%)