



Potatoes Anna with Apples and Sage

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

Ingredients

- 1 large apples peeled thinly sliced
- 5 teaspoons butter melted
- 3 teaspoons sage fresh finely chopped
- 2 baking potatoes peeled thinly sliced
- 4 servings salt and pepper freshly ground to taste

Equipment

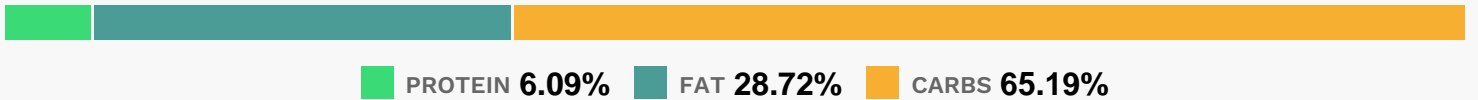
- frying pan
- oven

- stove
- oven mitt

Directions

- Heat oven to 425F. In 10-inch ovenproof skillet, drizzle 1 teaspoon of the melted butter.
- Layer with half of the potato slices, thinly overlapping.
- Brush with 1 teaspoon butter.
- Layer with all of the apple slices.
- Sprinkle with salt, pepper and 1 1/2 teaspoons of the sage.
- Layer with remaining potato slices.
- Drizzle remaining 3 teaspoons butter over top.
- Sprinkle with salt, pepper and remaining 1 1/2 teaspoons sage.
- Place skillet on stove over medium-high heat 5 minutes. Cover; bake 15 minutes. Uncover; bake 20 to 25 minutes longer or until potatoes are browned and crisp on outside and tender on inside.
- Using oven mitts, carefully invert skillet onto serving plate.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:41.69, Glycemic Load:17.17, Inflammation Score:-3, Nutrition Score:10.081739119861%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol:

0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 160.12kcal (8.01%), Fat: 5.32g (8.19%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 24.37g (8.86%), Sugar: 6.46g (7.18%), Cholesterol: 13.44mg (4.48%), Sodium: 239.93mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Copper: 4.67mg (233.59%), Vitamin B6: 0.39mg (19.52%), Manganese: 0.34mg (16.82%), Potassium: 511.69mg (14.62%), Fiber: 2.83g (11.32%), Vitamin C: 8.64mg (10.47%), Magnesium: 29.96mg (7.49%), Vitamin B1: 0.1mg (6.77%), Phosphorus: 66.76mg (6.68%), Iron: 1.15mg (6.41%), Vitamin B3: 1.16mg (5.78%), Folate: 16.77µg (4.19%), Vitamin A: 187.36IU (3.75%), Vitamin B5: 0.36mg (3.61%), Vitamin K: 3.58µg (3.41%), Vitamin B2: 0.05mg (3.15%), Calcium: 28.64mg (2.86%), Zinc: 0.37mg (2.44%), Vitamin E: 0.26mg (1.71%)