



Potatoes in Paper

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter
- 4 slices cheddar cheese
- 4 small onion sliced
- 4 potatoes sliced
- 1 cup water

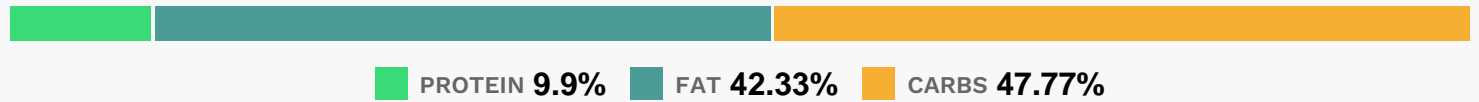
Equipment

- oven
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut out 4 12x12 inch sheets of aluminum foil.
- Place one sliced potato, one sliced onion, 1 tablespoon butter and one slice of cheese on each aluminum foil square. Wrap the foil around the sides of the potatoes and onion to form a cup.
- Pour 1/4 cup of water into each pouch and fold the top of aluminum foil over the potatoes to close it.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 60 minutes.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:28.8, Inflammation Score:-7, Nutrition Score:14.876521843931%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg

Nutrients (% of daily need)

Calories: 361.75kcal (18.09%), Fat: 17.4g (26.76%), Saturated Fat: 10.54g (65.9%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 38.3g (13.93%), Sugar: 4.69g (5.22%), Cholesterol: 47.1mg (15.7%), Sodium: 219.74mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.31%), Vitamin C: 47.14mg (57.14%), Vitamin B6: 0.72mg (36.22%), Potassium: 1015.38mg (29.01%), Fiber: 5.88g (23.5%), Phosphorus: 222.93mg (22.29%), Manganese: 0.42mg (20.89%), Calcium: 166.98mg (16.7%), Magnesium: 61.45mg (15.36%), Vitamin B1: 0.21mg (13.88%), Copper: 0.27mg (13.62%), Folate: 51.37µg (12.84%), Vitamin B3: 2.34mg (11.7%), Vitamin A: 525.86IU (10.52%), Iron: 1.84mg (10.21%), Vitamin B2: 0.17mg (9.81%), Zinc: 1.38mg (9.19%), Selenium: 5.94µg (8.49%), Vitamin B5: 0.8mg (8.02%), Vitamin K: 5.72µg (5.44%), Vitamin B12: 0.2µg (3.4%), Vitamin E: 0.49mg (3.25%)