

Ricci's Potatoes

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



496 kcal

SIDE DISH

Ingredients

- 8 baking potatoes
- 1 cup butter cooled lukewarm melted
- 3 cups half and half
- 1 onion chopped
- 8 servings salt and pepper to taste

Equipment

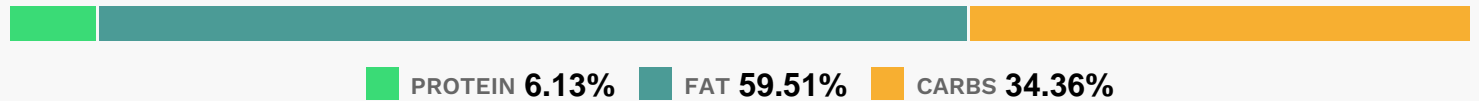
- food processor
- bowl

oven

Directions

- Two days before serving, boil potatoes whole, with skins, until tender, about 25 minutes. When you can insert a fork and remove it easily, they are done.
- Drain, and refrigerate.
- The day before serving, peel and grate the potatoes. I like to use a food processor with grating attachment.
- Place the potatoes into a large bowl and toss gently with melted butter, half-and-half, onion, salt and pepper. Cover and refrigerate.
- The day of the meal, preheat the oven to 350 degrees F (175 degrees C).
- Bake for 1 hour, uncovered. You may broil for a minute at the end to brown the top if you like.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:30.56, Inflammation Score:-7, Nutrition Score:12.935217411622%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 496.1kcal (24.81%), Fat: 33.63g (51.74%), Saturated Fat: 21.03g (131.41%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 40.69g (14.8%), Sugar: 5.67g (6.3%), Cholesterol: 92.77mg (30.92%), Sodium: 442.8mg (19.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin B6: 0.8mg (39.88%), Potassium: 1034.93mg (29.57%), Phosphorus: 214.16mg (21.42%), Vitamin A: 1032.75IU (20.66%), Manganese: 0.35mg (17.68%), Vitamin C: 13.98mg (16.94%), Vitamin B2: 0.26mg (15.28%), Magnesium: 60.01mg (15%), Vitamin B1: 0.21mg (13.98%), Calcium: 134.88mg (13.49%), Fiber: 3g (12.01%), Vitamin B3: 2.33mg (11.66%), Copper: 0.23mg (11.65%), Iron: 1.91mg (10.63%), Vitamin B5: 0.95mg (9.52%), Folate: 36.01µg (9%), Zinc: 1.02mg (6.81%), Vitamin K: 7.05µg (6.72%), Vitamin E: 0.91mg (6.06%), Selenium: 4.11µg (5.87%), Vitamin B12: 0.22µg (3.68%)