



Roasted Domino Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients



24 bay leaves fresh ()



3.5 pounds baking potatoes (4-6 large)



8 servings kosher salt



6 tablespoons butter unsalted divided melted

Equipment



oven



baking pan

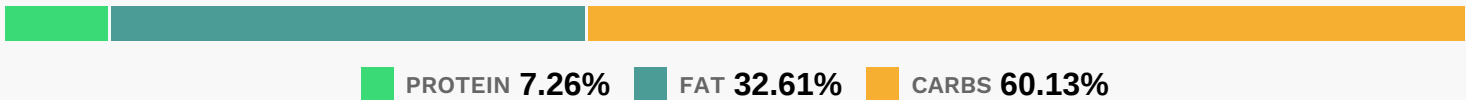


mandoline

Directions

- ☐ Preheat oven to 425°F.
- ☐ Brush a 13x9x2"baking dish or cast-iron griddle with2 tablespoons butter. Peel potatoes and trim ends(do not rinse). Trim all 4 sides of potatoesto form a rectangle. Using a mandoline, cutpotatoes crosswise into 1/8" slices, keepingslices in stacks as best you can.
- ☐ Re-form slices from each potato intoa stack.
- ☐ Place in prepared dish, fanningapart slightly like a deck of cards. Insertbay leaves between potato slices at even intervals. Season with salt and drizzle withremaining 4 tablespoons butter.
- ☐ Bake potatoes, rotating the dish halfwaythrough cooking, until the edges arecrisp and golden and the centers are tender,about 1 hour.
- ☐ Sprinkle with fleur de sel.

Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:28.2, Inflammation Score:-4, Nutrition Score:8.8178260352301%

Nutrients (% of daily need)

Calories: 233kcal (11.65%), Fat: 8.7g (13.39%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 33.43g (12.16%), Sugar: 1.24g (1.37%), Cholesterol: 22.58mg (7.53%), Sodium: 204.94mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin B6: 0.69mg (34.51%), Potassium: 831.67mg (23.76%), Manganese: 0.34mg (16.85%), Vitamin C: 11.45mg (13.88%), Magnesium: 46.22mg (11.55%), Phosphorus: 112mg (11.2%), Vitamin B1: 0.16mg (10.89%), Fiber: 2.66g (10.63%), Copper: 0.21mg (10.37%), Vitamin B3: 2.06mg (10.32%), Iron: 1.84mg (10.22%), Folate: 28.64µg (7.16%), Vitamin B5: 0.61mg (6.09%), Vitamin A: 282.93IU (5.66%), Vitamin B2: 0.07mg (4.14%), Vitamin K: 4.31µg (4.1%), Zinc: 0.6mg (3.98%), Calcium: 30.94mg (3.09%), Vitamin E: 0.26mg (1.76%), Selenium: 0.91µg (1.3%), Vitamin D: 0.16µg (1.05%)