



Roasted Garlic and Herb Potatoes

 Gluten Free

READY IN



197 min.

SERVINGS



12

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 4.5 pounds baking potatoes
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup sage leaves fresh chopped
- ☐ 5 large garlic bulbs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.5 cups heavy whipping cream
- ☐ 1.5 cups milk
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup oregano fresh chopped
- ☐ 1.5 cups parmesan cheese freshly grated
- ☐ 1 tablespoon salt

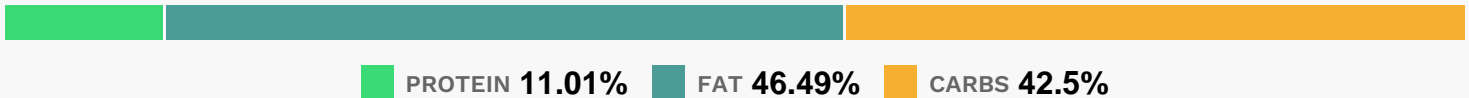
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cut off pointed end of each garlic bulb; place garlic on a piece of aluminum foil, and drizzle with oil. Fold foil to seal.
- ☐ Bake at 350 for 1 hour or until very soft; cool. Squeeze pulp from garlic bulbs to measure 3/4 cup. Reserve any remaining garlic for another use. Process 3/4 cup garlic, milk, and next 4 ingredients in a blender or food processor until smooth; transfer to a large bowl.
- ☐ Peel potatoes and slice very thinly.
- ☐ Add potatoes to milk mixture as they are sliced. (This keeps potatoes from changing color.)
- ☐ Layer one-third each of potato mixture, herbs, and cheese in a greased 13" x 9" baking dish. Repeat layers twice, ending with cheese.
- ☐ Bake, covered, at 350 for 45 minutes. Uncover and bake 45 more minutes or until browned and bubbly.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:24.91, Inflammation Score:-9, Nutrition Score:16.972173794456%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 336.08kcal (16.8%), Fat: 17.83g (27.43%), Saturated Fat: 9.78g (61.1%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 33.45g (12.17%), Sugar: 3.51g (3.9%), Cholesterol: 48.15mg (16.05%), Sodium: 829.11mg (36.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Copper: 1.85mg (92.27%), Vitamin B6: 0.66mg (33.17%), Manganese: 0.5mg (24.95%), Potassium: 843.56mg (24.1%), Calcium: 229.45mg (22.94%), Phosphorus: 226.55mg (22.66%), Vitamin K: 18.72µg (17.83%), Magnesium: 56.53mg (14.13%), Iron: 2.42mg (13.43%), Fiber: 3.22g (12.88%), Vitamin A: 632.56IU (12.65%), Vitamin C: 10.31mg (12.5%), Vitamin B2: 0.21mg (12.38%), Vitamin B1: 0.17mg (11.6%), Selenium: 6.81µg (9.73%), Vitamin B3: 1.93mg (9.64%), Zinc: 1.32mg (8.77%), Vitamin B5: 0.77mg (7.73%), Folate: 30.62µg (7.65%), Vitamin E: 1.08mg (7.17%), Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.87µg (5.83%)