



Rosemary-Scented Potatoes Topped with Caramelized Onions and Gruyère

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

Ingredients

- 3 pounds baking potatoes
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 2 teaspoons rosemary fresh finely chopped
- 4 garlic cloves minced
- 3 ounces gruyère cheese shredded
- 7 cups onion thinly sliced (4)

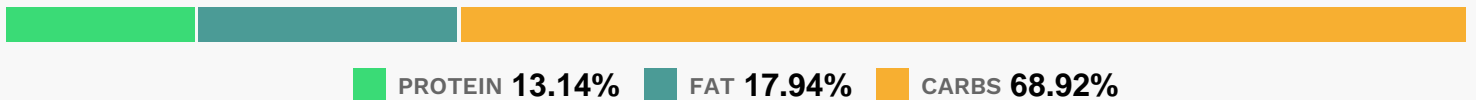
Equipment

- frying pan
- oven
- broiler

Directions

- Preheat oven to 37
- Pierce potatoes with a fork, and bake at 375 for 1 hour or until tender. Cool potatoes slightly.
- Melt butter in a large nonstick skillet over medium heat.
- Add onion and garlic; cook 20 minutes or until browned. Stir in chopped fresh rosemary and black pepper.
- Preheat broiler.
- Split potatoes lengthwise, cutting to, but not through, other side. Spoon about 1/3 cup onion mixture into each potato.
- Sprinkle each serving with 2 tablespoons shredded Gruyere cheese. Broil 3 minutes or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:36.29, Inflammation Score:-8, Nutrition Score:16.360869430977%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 37.93mg, Quercetin: 37.93mg, Quercetin: 37.93mg, Quercetin: 37.93mg

Nutrients (% of daily need)

Calories: 332.55kcal (16.63%), Fat: 6.86g (10.55%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 53.03g (19.29%), Sugar: 9.39g (10.44%), Cholesterol: 20.61mg (6.87%), Sodium: 135.4mg (5.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.59%), Vitamin B6: 1.04mg (52.17%), Potassium: 1240.77mg (35.45%), Vitamin C: 27.37mg (33.18%), Manganese: 0.65mg (32.71%), Phosphorus: 268.53mg (26.85%), Fiber: 6.21g (24.84%), Calcium: 220.61mg (22.06%), Magnesium: 76.79mg (19.2%), Vitamin B1: 0.28mg (18.98%), Folate: 68.83µg (17.21%), Copper: 0.32mg (15.96%), Iron: 2.42mg (13.44%), Vitamin B3: 2.6mg (12.98%), Zinc: 1.56mg (10.37%), Vitamin B5: 1.01mg (10.09%), Vitamin B2: 0.17mg (9.89%), Selenium: 4.21µg (6.02%), Vitamin K: 5.68µg (5.41%), Vitamin A: 200.75IU (4.02%), Vitamin B12: 0.23µg (3.85%), Vitamin E: 0.16mg (1.05%)