



Rösti with Fried Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 4 large eggs
- 1 leaf flat parsley chopped
- 4 ounces gruyere cheese sliced
- 4 servings kosher salt
- 1.5 pounds baking potatoes
- 6 tablespoons butter unsalted divided ()

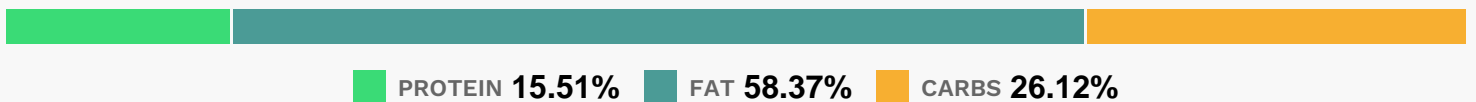
Equipment

- frying pan
- sauce pan
- oven
- knife
- box grater

Directions

- Place potatoes in a large saucepan, add cold water to cover, and season generously with salt. Bring to a boil; reduce heat and simmer until the tip of a paring knife slides easily about 1/2" into potatoes, 8-10 minutes.
- Drain potatoes and let cool. Chill until firm, about 2 hours.
- Preheat oven to 300°F. Peel potatoes. Using the large holes of a box grater, grate potatoes. Melt 4 tablespoons butter in a 12" ovenproof skillet over medium-low heat.
- Add potatoes. Season with salt and pepper; press gently to compact. Cook, occasionally shaking pan to loosen, until bottom is golden brown and crisp, 15-20 minutes.
- Slide rösti onto a plate. Carefully invert skillet over plate and flip to return rösti to pan, browned side up. Dot 1 tablespoon butter around edge, allowing it to melt around and under rösti. Season with salt and pepper and cook until second side is golden brown and center is tender, 10-15 minutes longer.
- Top rösti with cheese and bake until cheese melts, 5-8 minutes.
- Meanwhile, melt remaining 1 tablespoon butter in a large nonstick skillet over medium-low heat. Crack eggs into skillet and cook until whites are just set, about 4 minutes.
- Cut rösti into quarters, top with eggs, and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index: 37.19, Glycemic Load: 24.19, Inflammation Score: -6, Nutrition Score: 16.62434781116%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 473.87kcal (23.69%), Fat: 31.09g (47.83%), Saturated Fat: 17.76g (110.98%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 29.05g (10.56%), Sugar: 1.36g (1.51%), Cholesterol: 262.33mg (87.44%), Sodium: 478.18mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Phosphorus: 369.41mg (36.94%), Vitamin B6: 0.7mg (34.8%), Calcium: 342.39mg (34.24%), Selenium: 20.36µg (29.08%), Potassium: 809.06mg (23.12%), Vitamin B2: 0.37mg (21.84%), Vitamin A: 1086.85IU (21.74%), Vitamin B12: 0.93µg (15.57%), Zinc: 2.27mg (15.11%), Manganese: 0.3mg (15.02%), Vitamin B5: 1.46mg (14.63%), Magnesium: 56.05mg (14.01%), Iron: 2.42mg (13.43%), Folate: 51.18µg (12.79%), Vitamin C: 10.03mg (12.16%), Vitamin B1: 0.18mg (11.86%), Copper: 0.23mg (11.27%), Vitamin D: 1.49µg (9.9%), Vitamin K: 9.71µg (9.25%), Vitamin B3: 1.84mg (9.21%), Fiber: 2.24g (8.98%), Vitamin E: 1.11mg (7.41%)