



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 ()

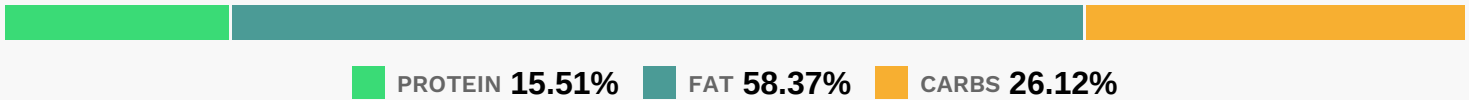
Equipment

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

Directions

- ☐ Place potatoes in a large saucepan,add cold water to cover, andseason generously with salt. Bringto a boil; reduce heat and simmeruntil the tip of a paring knife slideseasily about 1/2" into potatoes, 8-10minutes.
- ☐ Drain potatoes and letcool. Chill until firm, about 2 hours.
- ☐ Preheat oven to 300°F. Peelpotatoes. Using the large holes ofa box grater, grate potatoes. Melt4 tablespoons butter in a 12" ovenproofskillet over medium-low heat.
- ☐ Addpotatoes. Season with salt andpepper; press gently to compact.Cook, occasionally shaking panto loosen, until bottom is goldenbrown and crisp, 15-20 minutes.
- ☐ Slide rösti onto a plate. Carefullyinvert skillet over plate and flip toreturn rösti to pan, browned sideup. Dot 1 tablespoon butter around edge,allowing it to melt around andunder rösti. Season with salt andpepper and cook until secondside is golden brown and centeris tender, 10-15 minutes longer.
- ☐ Top rösti with cheese and bakeuntil cheese melts, 5-8 minutes.
- ☐ Meanwhile, melt remaining 1 tablespoonbutter in a large nonstick skillet overmedium-low heat. Crack eggs intoskillet and cook until whites are justset, about 4 minutes.
- ☐ Cut rösti into quarters, top witheggs, 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%)