



## Sformato

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



176 kcal

SIDE DISH

## Ingredients

- 7 cups baking potato peeled cut into 2-inch pieces ( 3 pounds)
- 0.5 teaspoon pepper black
- 2 tablespoons butter
- 2 large eggs lightly beaten
- 0.3 cup parsley fresh divided chopped
- 8 garlic cloves crushed
- 0.8 cup milk 2% reduced-fat
- 1.3 pounds onion sliced ( )

- 1.5 teaspoons salt
- 3 ounce bread white

## Equipment

- food processor
- baking sheet
- oven
- knife
- springform pan
- dutch oven

## Directions

- Preheat oven to 350
- Place bread in a food processor; pulse 2 times or until crumbly.
- Sprinkle crumbs on a baking sheet; bake at 350 for 5 minutes or until golden. (Breadcrumbs should measure 1 1/2 cups.) Set aside. Increase oven temperature to 375
- Place potato in a Dutch oven; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- Drain.
- Melt butter in Dutch oven over medium-high heat.
- Add onion and garlic; saut for 10 minutes or until browned.
- Add milk, salt, and pepper; bring to a simmer over medium heat, stirring frequently. Reduce heat; simmer 3 minutes.
- Place onion mixture in a food processor in batches, and process until smooth.
- Add potato, and process until smooth.
- Add 2 tablespoons chopped parsley and eggs; pulse 10 times or until combined.
- Combine 1 1/4 cups breadcrumbs and 2 tablespoons chopped parsley; spread breadcrumb mixture into bottom of a 10-inch springform pan coated with cooking spray.
- Spread potato mixture over breadcrumb mixture; sprinkle with 1/4 cup breadcrumbs.

Bake at 375 for 45 minutes or until golden brown. Run a knife around outside edge; cool 10 minutes.

Garnish with parsley sprigs, if desired.

## Nutrition Facts

**PROTEIN 12.72%** **FAT 20.15%** **CARBS 67.13%**

### Properties

Glycemic Index:33.05, Glycemic Load:19.33, Inflammation Score:-5, Nutrition Score:9.9899999939877%

### Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg

### Nutrients (% of daily need)

Calories: 176.19kcal (8.81%), Fat: 4.05g (6.22%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 27.68g (10.07%), Sugar: 4.48g (4.98%), Cholesterol: 44.64mg (14.88%), Sodium: 438.7mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin K: 27.2µg (25.9%), Vitamin B6: 0.49mg (24.67%), Manganese: 0.35mg (17.49%), Potassium: 589.17mg (16.83%), Vitamin C: 12.96mg (15.71%), Phosphorus: 125.26mg (12.53%), Vitamin B1: 0.17mg (11.5%), Folate: 42.95µg (10.74%), Fiber: 2.65g (10.6%), Selenium: 6.57µg (9.38%), Magnesium: 36.85mg (9.21%), Iron: 1.63mg (9.07%), Vitamin B2: 0.15mg (9.06%), Vitamin B3: 1.62mg (8.1%), Copper: 0.16mg (8%), Calcium: 79.22mg (7.92%), Vitamin B5: 0.67mg (6.72%), Vitamin A: 271.42IU (5.43%), Zinc: 0.74mg (4.92%), Vitamin B12: 0.19µg (3.13%), Vitamin E: 0.23mg (1.53%), Vitamin D: 0.2µg (1.33%)