



Sherry Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pound yukon gold potatoes scrubbed sliced into 1/4-inch slices
- ☐ 0.3 cup butter melted ()
- ☐ 0.3 cup cooking sherry dry
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon parsley fresh chopped

Equipment

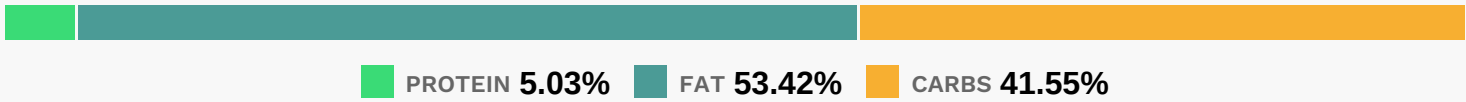
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Prepare potato slices in baking dish: Arrange potato slices in layers in a gratin pan or baking pan, sprinkling salt and pepper over each layer.
- ☐ Pour sherry over the potatoes.
- ☐ Pour the melted butter over the potatoes. Make sure the potatoes are well coated.
- ☐ Bake:
- ☐ Bake at 375°F uncovered for 30–40 minutes or until potatoes are cooked, but not mushy, and they are slightly browned on top.
- ☐ Remove from oven, sprinkle with chopped fresh parsley to serve.

Nutrition Facts



Properties

Glycemic Index:53.19, Glycemic Load:14.59, Inflammation Score:-5, Nutrition Score:7.220434806917%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 201.95kcal (10.1%), Fat: 11.62g (17.88%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 17.78g (6.47%), Sugar: 1.05g (1.16%), Cholesterol: 30.5mg (10.17%), Sodium: 293.15mg (12.75%), Alcohol: 1.54g (100%), Alcohol %: 1.36% (100%), Protein: 2.46g (4.92%), Vitamin C: 23.67mg (28.69%), Vitamin K: 19.77µg (18.83%), Vitamin B6: 0.34mg (17.18%), Potassium: 498.37mg (14.24%), Manganese: 0.21mg (10.3%), Fiber: 2.55g (10.21%), Vitamin A: 441.6IU (8.83%), Phosphorus: 71.48mg (7.15%), Magnesium: 28.54mg (7.14%), Copper: 0.13mg (6.3%), Vitamin B1: 0.09mg (6.21%), Vitamin B3: 1.23mg (6.16%), Iron: 1mg (5.56%), Folate: 20.26µg (5.06%),

Vitamin B5: 0.36mg (3.63%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.37mg (2.48%), Vitamin E: 0.35mg (2.33%), Calcium: 20.31mg (2.03%)