



Slow-Cooker Creamy Garlic and Parmesan Potatoes

READY IN



375 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 lb baking potatoes peeled sliced (8 medium)
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.5 cup water
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons butter melted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup parmesan fresh shredded

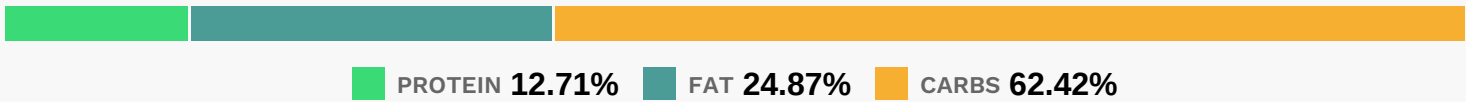
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In large bowl, combine 1 cup water and cream of tartar.
- ☐ Add sliced potatoes; toss to coat.
- ☐ Drain, discarding water.
- ☐ Place potatoes in 3 to 4-quart slow cooker.
- ☐ In medium bowl, combine soup, 1/2 cup water, flour, butter, salt, pepper and garlic powder; mix well.
- ☐ Pour mixture over potatoes; stir gently to coat.
- ☐ Cover; cook on Low setting for 5 to 6 hours.
- ☐ Just before serving, sprinkle Parmesan cheese over top.

Nutrition Facts



Properties

Glycemic Index:18.65, Glycemic Load:17.59, Inflammation Score:-3, Nutrition Score:6.3786956732688%

Nutrients (% of daily need)

Calories: 151.24kcal (7.56%), Fat: 4.26g (6.56%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 22.46g (8.17%), Sugar: 0.73g (0.82%), Cholesterol: 3.16mg (1.05%), Sodium: 360.79mg (15.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin B6: 0.41mg (20.33%), Potassium: 533.63mg (15.25%), Manganese: 0.28mg (13.95%), Phosphorus: 92.96mg (9.3%), Copper: 0.17mg (8.75%), Vitamin B1: 0.12mg (8.02%), Vitamin C: 6.47mg (7.84%), Vitamin B3: 1.57mg (7.83%), Magnesium: 29.98mg (7.5%), Iron: 1.31mg (7.28%), Fiber: 1.61g (6.45%), Folate: 22.68µg (5.67%), Calcium: 50.69mg (5.07%), Zinc: 0.71mg (4.71%), Vitamin B2: 0.08mg (4.48%), Vitamin B5: 0.42mg (4.18%), Vitamin A: 148.25IU (2.97%), Selenium: 1.98µg (2.83%),

Vitamin K: 2.16µg (2.06%), Vitamin B12: 0.08µg (1.29%)