



The Country Cooking of Italy's Potatoes with Porcini



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

Ingredients

- ☐ 500 grams the following: parmesan rind) fresh
- ☐ 2 garlic clove minced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 small bunch flat parsley italian minced
- ☐ 4 servings salt
- ☐ 500 grams potato peeled very thinly sliced

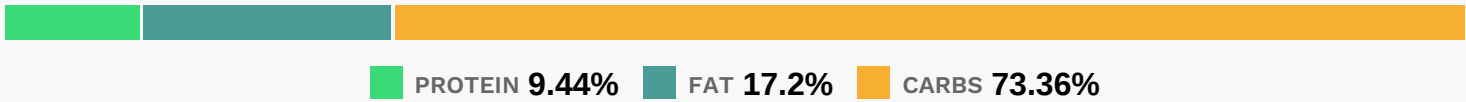
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Carefully remove the stems from the mushrooms and set the caps aside. Mince the stems and mix them with the parsley and garlic.
- ☐ Using the oil, generously grease the sides and bottom of a wide, shallow baking dish with a tight-fitting cover. Arrange the potatoes in overlapping layers on the bottom of the dish, salting each layer.
- ☐ Sprinkle half the parsley mixture over the potatoes, then arrange the mushroom caps, cap side up, in a single layer over the potatoes.
- ☐ Sprinkle the remaining parsley mixture over the mushrooms.
- ☐ Seal the baking dish tightly with aluminum foil, then top the dish with its cover.
- ☐ Bake until the potatoes and mushrooms are tender, about 1 hour.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:55.207391966944%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 557.68kcal (27.88%), Fat: 12.03g (18.51%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 115.49g (38.5%), Net Carbohydrates: 98.48g (35.81%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 240.99mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Copper: 6.65mg (332.48%), Vitamin B5:

27.76mg (277.63%), Vitamin K: 243.67µg (232.07%), Vitamin B2: 1.64mg (96.58%), Vitamin B3: 19.26mg (96.29%), Manganese: 1.69mg (84.73%), Selenium: 58.48µg (83.54%), Potassium: 2571.35mg (73.47%), Vitamin B6: 1.45mg (72.51%), Fiber: 17g (68.01%), Zinc: 10.16mg (67.72%), Folate: 247.96µg (61.99%), Magnesium: 200.01mg (50%), Phosphorus: 454.31mg (45.43%), Vitamin C: 34.55mg (41.87%), Vitamin B1: 0.49mg (32.77%), Vitamin D: 4.88µg (32.5%), Vitamin A: 1209.31IU (24.19%), Iron: 4.03mg (22.4%), Vitamin E: 1.63mg (10.88%), Calcium: 48.85mg (4.89%)