



The Irish Potatoes



Vegetarian



Gluten Free



Popular

READY IN



120 min.

SERVINGS



8

CALORIES



466 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 8 servings salt and ground pepper black to taste
- 0.5 cup half-and-half
- 0.5 cup heavy whipping cream
- 0.5 small onion minced
- 8 large russet potatoes

Equipment

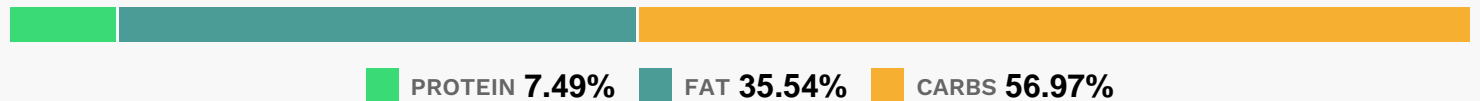
- oven

- pot
- baking pan

Directions

- Place the potatoes into a large pot and cover with salted water; bring to a boil. Cook the potatoes at a boil for 10 minutes; drain. Set potatoes aside to cool.
- Once potatoes are cool enough to handle, slide the skin from the potatoes and discard; refrigerate peeled potatoes until completely cold, about 1 hour.
- Preheat an oven to 350 degrees F (175 degrees C).
- Grease a 9x13-inch baking dish with 1 tablespoon butter.
- Grate 2 of the potatoes into the bottom of the prepared baking dish.
- Sprinkle about 1/4 of the minced onion over the layer of potato; season with salt and black pepper. Repeat layering until all ingredients are used and dish is full.
- Drizzle melted butter, whipping cream, and half and half over the potato mixture; season with paprika.
- Bake in the preheated oven until the top is bubbling, about 30 minutes.
- Garnish with chopped fresh parsley to serve.

Nutrition Facts



Properties

Glycemic Index:24.22, Glycemic Load:52.55, Inflammation Score:-7, Nutrition Score:17.009130141009%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 465.62kcal (23.28%), Fat: 18.92g (29.1%), Saturated Fat: 11.88g (74.23%), Carbohydrates: 68.23g (22.74%), Net Carbohydrates: 63.34g (23.03%), Sugar: 3.54g (3.93%), Cholesterol: 52.61mg (17.54%), Sodium: 123.11mg (5.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin B6: 1.29mg (64.59%), Potassium: 1583.95mg (45.26%), Manganese: 0.6mg (29.9%), Vitamin C: 21.58mg (26.16%), Phosphorus: 230.78mg

(23.08%), Magnesium: 88.32mg (22.08%), Vitamin B1: 0.31mg (20.86%), Fiber: 4.9g (19.59%), Copper: 0.39mg (19.31%), Vitamin B3: 3.86mg (19.29%), Iron: 3.22mg (17.88%), Folate: 53.98µg (13.5%), Vitamin A: 631.08IU (12.62%), Vitamin B5: 1.21mg (12.15%), Vitamin B2: 0.19mg (10.9%), Vitamin K: 8.49µg (8.08%), Zinc: 1.19mg (7.91%), Calcium: 78.83mg (7.88%), Selenium: 2.57µg (3.68%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.08µg (1.28%)