



The Irish Potatoes

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



466 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 2 tablespoons parsley fresh chopped
- 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
- 0.3 teaspoon paprika
- 8 large russet potatoes

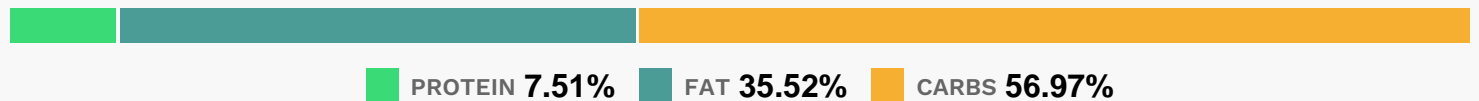
Equipment

- 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:30.09, Glycemic Load:52.56, Inflammation Score:-7, Nutrition Score:17.968695542087%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 466.16kcal (23.31%), Fat: 18.93g (29.13%), Saturated Fat: 11.88g (74.24%), Carbohydrates: 68.33g (22.78%), Net Carbohydrates: 63.38g (23.05%), Sugar: 3.56g (3.95%), Cholesterol: 52.61mg (17.54%), Sodium: 123.72mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Vitamin B6: 1.29mg (64.7%), Potassium: 1590.91mg (45.45%), Manganese: 0.6mg (30.03%), Vitamin C: 22.91mg (27.77%), Vitamin K: 24.94µg (23.75%), Phosphorus: 231.55mg (23.16%), Magnesium: 88.93mg (22.23%), Vitamin B1: 0.31mg (20.93%), Fiber: 4.95g (19.81%), Copper: 0.39mg (19.4%), Vitamin B3: 3.88mg (19.38%), Iron: 3.29mg (18.29%), Vitamin A: 746.1IU (14.92%), Folate: 55.53µg (13.88%), Vitamin B5: 1.22mg (12.2%), Vitamin B2: 0.19mg (11%), Calcium: 80.35mg (8.03%), Zinc: 1.2mg (8%), Vitamin E: 0.57mg (3.79%), Selenium: 2.58µg (3.69%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.08µg (1.28%)