



Three Cheese Hasselback Potatoes

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 48 ounces baking potatoes
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 2 teaspoons kosher salt
- ☐ 1 ounce juice of lemon
- ☐ 1 cup parmesan mixed finely grated

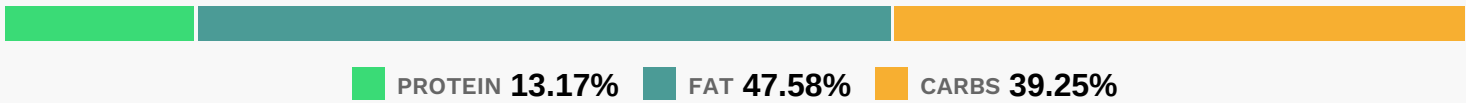
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Peel all the potatoes and, as you peel them, put them in a large container with 1 gallon water and the lemon juice to keep them from browning. Once they are all peeled, remove them from the water and pat dry. Then slice the potatoes about 1/4-inch apart and about three-quarters of the way through to create a series of uniform slices so that they are still joined together at the bottom. This should create a fan type finish to the potatoes.
- ☐ Next, using a whisk, blend the butter, parsley, salt and pepper. Make sure to mix well. Dunk the potatoes into the butter mixture, making sure that the slits in the potato soak up the mixture as well.
- ☐ Place the potatoes on a baking sheet and bake for 30 minutes.
- ☐ After 30 minutes, remove the potatoes, re-heat any remaining butter and drizzle on top. Divide the cheese mixture over the potatoes.
- ☐ Bake the potatoes until the cheese is melted and the potatoes are cooked through, about 15 minutes. Once melted, remove the potatoes and serve.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:32.28, Inflammation Score:-5, Nutrition Score:14.137826069542%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 415.22kcal (20.76%), Fat: 22.41g (34.48%), Saturated Fat: 14.5g (90.6%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 38.54g (14.01%), Sugar: 1.58g (1.75%), Cholesterol: 65.91mg (21.97%), Sodium: 1056.41mg (45.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Vitamin B6: 0.82mg (41.21%), Phosphorus: 303.83mg (30.38%), Potassium: 997.7mg (28.51%), Calcium: 277.87mg (27.79%), Manganese: 0.4mg (20.11%), Vitamin C: 15.64mg (18.96%), Vitamin K: 16.44µg (15.66%), Magnesium: 61.53mg (15.38%), Vitamin B1: 0.19mg (12.58%), Fiber: 3.07g (12.28%), Vitamin B3: 2.41mg (12.04%), Copper: 0.24mg (12.02%), Iron: 2.11mg (11.74%), Zinc: 1.74mg (11.59%), Vitamin B2: 0.19mg (11.42%), Folate: 40.92µg (10.23%), Selenium: 6.52µg (9.31%), Vitamin A: 463.45IU (9.27%), Vitamin B5: 0.71mg (7.1%), Vitamin B12: 0.32µg (5.38%), Vitamin E: 0.33mg (2.21%)