

Accordion Potatoes

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Servings: 4

1/4 cup (1/2 stick) butter, softened
1 clove garlic, crushed
1/2 teaspoon coarse salt
1/4 teaspoon pepper
4 medium baking potatoes, peeled

Preheat the oven to 375 degrees.

In a small bowl, combine the butter, garlic, salt and pepper.

Slice one potato crosswise, leaving about 1/2-inch at the bottom still attached. (Place pencils on either side of the potato when cutting to ensure that you don't slice all of the way through.) Smear with the butter mixture, carefully working it between the slices and coating all sides.

Repeat for the remaining potatoes.

Place the potatoes on a nonstick baking sheet.

Bake for 20 minutes or until golden brown.

Per Serving (excluding unknown items): 198 Calories; 6g Fat (26.3% calories from fat); 4g Protein; 33g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 305mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	198	Vitamin B6 (mg):	.5mg
% Calories from Fat:	26.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	65.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	24mcg
Saturated Fat (g):	4g	Niacin (mg):	3mg

Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 16mg
Carbohydrate (g): 33g
Dietary Fiber (g): 3g
Protein (g): 4g
Sodium (mg): 305mg
Potassium (mg): 1006mg
Calcium (mg): 18mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 217IU
Vitamin A (r.e.): 53 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 198 **Calories from Fat:** 52

% Daily Values*

Total Fat 6g			9%
Saturated Fat 4g			18%
Cholesterol 16mg			5%
Sodium 305mg			13%
Total Carbohydrates 33g			11%
Dietary Fiber 3g			12%
Protein 4g			
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Vitamin A			4%
Vitamin C			61%
Calcium			2%
Iron			8%

* Percent Daily Values are based on a 2000 calorie diet.