

Hasselback Potatoes

Treasure Coast Newspapers

Servings: 4

4 baking potatoes, scrubbed
4 tablespoons butter, melted
4 tablespoons Parmesan cheese
2 tablespoons Panko breadcrumbs
salt
pepper

Preheat the oven to 425 degrees.

Place a washed potato on your cutting board. Set a wooden spoon handle next to it, running along the length of the potato's base. With a sharp knife, begin making thin (1/8-inch to 1/4-inch) slices across the potato's width. As you cut down, use the spoon's handle to act as your cutting guide so you don't slice down all the way through the potato. Prepare all four potatoes in this way.

Place the cut potatoes in a baking dish. Spread two tablespoons of butter atop the prepared potatoes. Season with salt and pepper.

Bake for 40 minutes.

Remove the potatoes from the oven. Top each with the Panko breadcrumbs, Parmesan cheese and remaining butter. Re-season with salt and pepper.

Bake for 20 to 25 minutes longer.

Remove from the oven and cool slightly before serving.

Per Serving (excluding unknown items): 270 Calories; 13g Fat (43.0% calories from fat); 6g Protein; 33g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 221mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	270	Vitamin B6 (mg):	.5mg
% Calories from Fat:	43.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	48.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	24mcg
Saturated Fat (g):	8g	Niacin (mg):	3mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	35mg	% Refused:	n n%
Carbohydrate (g):	33g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	2
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	221mg	Vegetable:	0
Potassium (mg):	1008mg	Fruit:	0
Calcium (mg):	85mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	36mg		
Vitamin A (i.u.):	469IU		
Vitamin A (r.e.):	118RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 270 **Calories from Fat:** 116

% Daily Values*

Total Fat 13g	20%
Saturated Fat 8g	41%
Cholesterol 35mg	12%
Sodium 221mg	9%
Total Carbohydrates 33g	11%
Dietary Fiber 3g	12%
Protein 6g	
Vitamin A	9%
Vitamin C	60%
Calcium	9%
Iron	8%

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