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Almond Cheese Potato Bake ♦♦

Almond Cheese Potato Bake

This delicious vegetarian dish combines the creaminess of almond cheese with the heartiness of potatoes. It is perfect for a springtime meal and can be enjoyed by both vegetarians and non-vegetarians alike.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------|------------|
| 1 c | Milk |
| 2 tbsp | Almond oil |
| 2 c | Cheese |
| 4 large | potato |

Directions

Step 1

Baking

Preheat the oven to 375°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and thinly slice the potatoes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

In a saucepan, heat the milk and almond oil over medium heat until warm.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Baking

Layer half of the potato slices in a greased baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Pour half of the warm milk mixture over the potatoes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Sprinkle half of the cheese over the potatoes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Repeat steps 4-6 with the remaining potatoes, milk mixture, and cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake in the preheated oven for 35-40 minutes, or until the potatoes are tender and the cheese is golden and bubbly.

Prep Time: 0 mins

Cook Time: 35 mins

Step 9

Let cool for a few minutes before serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g | 36.36% | 40% |
| Fibers | 3 g | 7.89% | 12% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 8 g | 36.36% | 47.06% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 25 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 6 mg | 6.67% | 8% |
| Vitamin B6 | 4 mg | 307.69% | 307.69% |
| Vitamin B12 | 2 mcg | 83.33% | 83.33% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 8 mg | 100% | 44.44% |
| Potassium | 15 mg | 0.44% | 0.58% |
| Zinc | 6 mg | 54.55% | 75% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Spring

Difficulty Level

Medium

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