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## Hasselback Roasted Potato ♦♦

Hasselback roasted potato is a classic potato dish that originated in Sweden. It is made by slicing the potato thinly but not all the way through, creating a fan-like appearance. The potato is then roasted until crispy on the outside and tender on the inside. It is a popular side dish and can be served with various toppings such as sour cream, cheese, or herbs.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 60 mins

**Total Time:** 75 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	potatoes
<b>3 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

1 tsp	garlic powder
1 tsp	paprika
2 tbsp	parmesan cheese
2 tbsp	fresh parsley

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Preparation

Wash the potatoes and pat them dry.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Cutting

Slice the potatoes thinly, but not all the way through. Place them on a baking sheet.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

**Sprinkling**

Drizzle olive oil over the potatoes and sprinkle with salt, black pepper, garlic powder, and paprika.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

**Baking**

Bake the potatoes in the preheated oven for 50-60 minutes, or until crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Step 6

Remove the potatoes from the oven and sprinkle with grated Parmesan cheese and fresh parsley.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 7

Serving

Serve hot as a side dish or appetizer.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 5 g

**Protein:** 4 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	4 g	23.53%	23.53%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	20 mg	22.22%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
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	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	800 mg	23.53%	30.77%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Course

Side Dishes

Drinks

Salads

Snacks

### Cultural

Chinese New Year

Oktoberfest

### Events

Barbecue

### Cooking Method

Boiling

Steaming

Sautéing

Pasteurizing

Fermenting

Simmering

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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