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## Potato and Cheese Bake ♦♦

Potato and Cheese Bake

A delicious summer recipe that combines the flavors of potato, cheese, and onion.  
Perfect for a picnic or barbecue.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|       |        |
|-------|--------|
| 500 g | potato |
| 200 g | Cheese |
| 100 g | onion  |

# Directions

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## Step 1

### Preparation

Preheat the oven to 180°C.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Cutting

Peel and slice the potatoes and onions.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 3

### Baking

Layer the potatoes, onions, and cheese in a baking dish.

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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## Step 4

## Baking

Bake in the preheated oven for 30 minutes or until the potatoes are tender and the cheese is melted and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 30 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 | 30 g  | 54.55%                 | 60%                      |
| Fibers        | 5 g   | 13.16%                 | 20%                      |
| 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         | 20 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A   | 10 iu | 1.11%                  | 1.43%                    |
| Vitamin C   | 20 mg | 22.22%                 | 26.67%                   |
| Vitamin B6  | 2 mg  | 153.85%                | 153.85%                  |
| Vitamin B12 | 1 mcg | 41.67%                 | 41.67%                   |
| Vitamin E   | 4 mg  | 26.67%                 | 26.67%                   |

| Nutrient  | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| 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      | 6 mg   | 75%                    | 33.33%                   |
| Potassium | 500 mg | 14.71%                 | 19.23%                   |
| Zinc      | 2 mg   | 18.18%                 | 25%                      |
| Selenium  | 1 mcg  | 1.82%                  | 1.82%                    |

## Recipe Attributes

### Seasonality

Summer

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