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Potato and Cheese Bake

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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

Step 1

Preparation

Preheat the oven to 180°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and slice the potatoes and onions.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Baking

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

Prep Time: 5 mins

Cook Time: 30 mins

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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