

# Frico – Italian Potato Pie

Yield: 8 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-potato-pie-recipe>

## Ingredients:

- 2 baking potatoes medium sized, thinly sliced
- 1 1/2 tablespoons olive oil
- 1 onion medium sized, thinly sliced
- 1 1/2 cups Parmesan cheese pick a good quality type
- 1/4 teaspoon pepper
- 1 dash nutmeg

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 310 milligrams
9. Sugar: 1 grams

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