Parmesan Potato Stacks in Muffin Tin is a deliciously crispy and cheesy twist on traditional roasted potatoes. These individual portions of tender, thinly sliced potatoes are layered with a savory blend of Parmesan cheese, garlic, and herbs, then baked in a muffin tin for a perfectly golden, crunchy exterior and soft, buttery interior. The result is a bite-sized side dish that's both elegant and comforting. Ideal for dinner parties, family meals, or as a fun appetizer, these Parmesan potato stacks are as tasty as they are visually appealing. Whether served alongside roasted meats or as a standalone treat, they're sure to be a crowd-pleaser!

Here's a calorie table for Parmesan Potato Stacks in Muffin Tin, based on typical ingredients and portion sizes. Keep in mind that the exact number of calories may vary depending on the size of the potatoes, the amount of cheese, oil, and other ingredients used.

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Estimated Calorie Breakdown (Per Serving – 1 Muffin Tin Stack)

Ingredient	Amount per Stack	Calories
Russet or Yukon Gold Potatoes	1 medium potato (~150g)	~110-130 kcal
Parmesan Cheese (grated)	1 tablespoon (5g)	~20-25 kcal
Olive Oil (for greasing)	1 teaspoon (~5g)	~40 kcal
Butter (optional)	1/2 teaspoon (2.5g)	~18 kcal
Garlic (minced)	1/2 clove (~1g)	~2 kcal
Herbs (parsley, thyme, etc.)	1 teaspoon (~1g)	~1 kcal

Ingredient	Amount per Stack	Calories
Salt & Pepper	To taste	~0 kcal

Total Calories per Stack:

Approximately 190-215 kcal per serving (1 stack).

Notes:

- Potatoes: The primary source of calories. If you use a smaller potato or substitute with a lower-calorie variety, the calorie count could be lower.
- Cheese & Butter: Parmesan adds a lot of flavor without too many calories. If you reduce or omit the butter, you can save some calories.
- Herbs & Seasonings: Minimal calorie contribution but they enhance flavor.

Adjustments:

- More cheese or butter will increase the calorie count.
- Using less oil or opting for a non-stick muffin tin can help reduce the amount of oil needed for greasing.

Serving Suggestion:

This calorie count is based on a single portion made from a medium potato. If you make a batch (12 stacks), the overall calorie count will be multiplied by the number of servings.

Ingredients

- 4 tablespoons melted butter
- 5 pounds medium size Yukon Gold potatoes, peeled,
- sliced into ⅛ inch rounds
- 3 tablespoons grated parmesan cheese
- 2 teaspoons garlic powder

- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon ground white pepper
- 2 tablespoons fresh parsley

Directions

1. Preheat the oven to 375°F.
2. Butter 12 muffin cups using 1-2 tablespoons melted butter and set aside.
3. Place potato slices into a large bowl. Add remaining melted butter, 2 tablespoons of Parmesan cheese, garlic powder, onion powder, paprika, salt and white pepper. Toss to coat evenly.
4. Layer the potato slices into 1½ inch stacks and place into the buttered muffin cups.
5. Bake uncovered for 1 hour or until the edges and tops of the potato stacks are golden brown and the centers are tender,.
6. Remove from the oven and let them rest for 5 minutes before serving.
7. Garnish with remaining parmesan cheese and fresh parsley.