



Apple, Potato, and Onion Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 12 tablespoons butter divided ()
- ☐ 0.7 cup cooking wine dry white
- ☐ 2 tablespoons thyme leaves fresh packed chopped ()
- ☐ 2 pounds onions sliced
- ☐ 2.5 pounds german butterball potatoes yellow peeled cut into 1/4-inch-thick rounds
- ☐ 4 teaspoons sea salt divided fine
- ☐ 4 teaspoons sugar
- ☐ 2 pounds tart apples cored peeled halved cut into 1/4-inch-thick slices (such as Granny Smith, Pippin, or Pink Lady)

☐ 0.7 cup water

Equipment

☐ bowl

☐ frying pan

☐ baking paper

☐ oven

☐ baking pan

☐ aluminum foil

Directions

☐ Preheat oven to 400°F. Butter 13x9x2-inch glass or ceramic baking dish. Melt 6 tablespoons butter in large nonstick skillet over medium heat.

☐ Add onions, thyme, and 2 teaspoons salt; sauté until onions are translucent, about 10 minutes. Increase heat to medium-high; sauté until onions are tender and begin to color, about 8 minutes longer.

☐ Remove from heat.

☐ Add remaining 6 tablespoons butter, 2/3 cup water, wine, and sugar to skillet; stir and swirl skillet to combine. Bring to boil. Cool onion mixture to lukewarm.

☐ Combine potatoes, apples, remaining 2 teaspoons salt, and onion mixture in large bowl; toss gently to blend.

☐ Transfer to prepared baking dish, spreading evenly. Cover dish with parchment paper, then cover with foil, shiny side down.

☐ Bake gratin until potatoes are tender, about 55 minutes. Uncover and bake until top browns and juices bubble thickly, about 20 minutes longer. (Can be made 6 hours ahead.

☐ Let stand uncovered at room temperature. Rewarm, loosely covered with foil, in 300°F oven for 20 minutes.)

☐ Let gratin stand 15 minutes before serving.

☐ This gratin is unusual for having no cream or cheese — letting the lovely seasonal flavors of the produce shine through.

Nutrition Facts



 **PROTEIN 4.79%**  **FAT 40.17%**  **CARBS 55.04%**

Properties

Glycemic Index:40.36, Glycemic Load:26.17, Inflammation Score:-10, Nutrition Score:13.143913170566%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg, Epicatechin: 8.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 28.57mg, Quercetin: 28.57mg, Quercetin: 28.57mg, Quercetin: 28.57mg

Nutrients (% of daily need)

Calories: 389.91kcal (19.5%), Fat: 17.5g (26.92%), Saturated Fat: 10.92g (68.24%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 45.94g (16.71%), Sugar: 19.91g (22.12%), Cholesterol: 45.15mg (15.05%), Sodium: 1314.11mg (57.14%), Alcohol: 2.06g (100%), Alcohol %: 0.6% (100%), Protein: 4.7g (9.39%), Vitamin C: 44.33mg (53.74%), Fiber: 8.01g (32.05%), Vitamin B6: 0.62mg (30.87%), Potassium: 913.83mg (26.11%), Manganese: 0.46mg (22.97%), Magnesium: 55.06mg (13.76%), Phosphorus: 136.65mg (13.67%), Vitamin A: 674.27IU (13.49%), Vitamin B1: 0.19mg (12.52%), Folate: 49.24µg (12.31%), Copper: 0.24mg (12.13%), Iron: 1.85mg (10.3%), Vitamin B3: 1.79mg (8.96%), Vitamin B2: 0.12mg (7.31%), Vitamin K: 7.19µg (6.85%), Vitamin B5: 0.67mg (6.67%), Calcium: 65.15mg (6.52%), Zinc: 0.73mg (4.86%), Vitamin E: 0.73mg (4.85%), Selenium: 1.24µg (1.77%)