



Artichoke-Potato Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 6 pound artichokes
- ☐ 2 pounds baking potatoes peeled sliced
- ☐ 0.5 cup coarse bread crumbs dry
- ☐ 1.5 cups chicken stock see low-sodium canned
- ☐ 2 ounces gruyère cheese shredded
- ☐ 1.5 cups heavy cream
- ☐ 10 servings kosher salt
- ☐ 1 optional: lemon halved
- ☐ 10 servings pepper freshly ground

- ☐ 1 large thyme sprig
- ☐ 1 tablespoon butter unsalted melted

Equipment

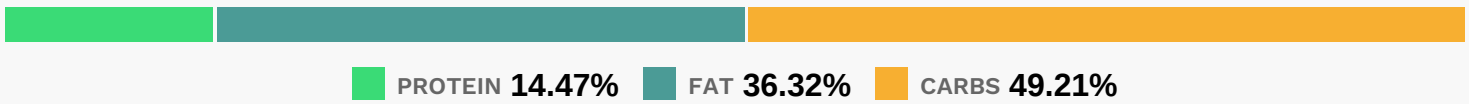
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ peeler
- ☐ melon baller

Directions

- ☐ Fill a large bowl with water and squeeze the lemon halves into it; add the lemon to the bowl.
- ☐ Cut off all but 1 1/2 inches from the artichoke stems. Working with 1 artichoke at a time, pull off all the green outer leaves, leaving a cone of pale yellow leaves. With a sharp knife, cut off all but 1 1/2 inches of the leaves. Peel the stem and trim any tough green skin from the artichoke bottom with a sturdy vegetable peeler. Using a melon baller or small spoon, scoop out the hairy choke. Drop the trimmed artichoke heart into the bowl of water. Repeat with the remaining artichokes.
- ☐ Bring a large saucepan of water to a boil.
- ☐ Cut each artichoke heart through the stem into 8 wedges.
- ☐ Add the wedges to the boiling water and cook until crisp-tender, about 8 minutes.
- ☐ Drain and rinse under cold water; pat dry.
- ☐ In the same saucepan, combine the stock with the cream, thyme sprig and 1 teaspoon of salt and bring to a boil.
- ☐ Add the potatoes and cook over moderately low heat until barely tender, about 8 minutes. Fold in the artichokes and season with salt and pepper.

- ☐ Butter a 9-by-13-inch baking dish or 3-quart gratin dish.
- ☐ Pour the contents of the saucepan into the dish; discard the thyme sprig.
- ☐ Sprinkle the Gruyre over the gratin and cover with foil.
- ☐ Preheat the oven to 37
- ☐ Bake the gratin for 30 minutes. In a small bowl, toss the bread crumbs with the butter.
- ☐ Remove the foil, sprinkle the crumbs over the gratin and bake for about 30 minutes longer, or until most of the liquid has been absorbed and the vegetables are tender.
- ☐ Preheat the broiler. Broil the gratin about 6 inches from the heat for about 2 minutes, or until the crumbs are crisp and golden; turn the dish as necessary for even browning.
- ☐ Serve hot.
- ☐ Make Ahead: The unbaked gratin can be refrigerated overnight.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:17.54, Inflammation Score:-9, Nutrition Score:27.417390937391%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 34.08mg, Naringenin: 34.08mg, Naringenin: 34.08mg, Naringenin: 34.08mg Apigenin: 20.36mg, Apigenin: 20.36mg, Apigenin: 20.36mg, Apigenin: 20.36mg Luteolin: 6.51mg, Luteolin: 6.51mg, Luteolin: 6.51mg, Luteolin: 6.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 384.89kcal (19.24%), Fat: 16.87g (25.96%), Saturated Fat: 10.26g (64.11%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 34.98g (12.72%), Sugar: 4.97g (5.52%), Cholesterol: 49.59mg (16.53%), Sodium: 554.82mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Fiber: 16.46g (65.84%), Vitamin C: 43.11mg (52.26%), Folate: 206.83µg (51.71%), Magnesium: 192.6mg (48.15%), Manganese: 0.91mg (45.42%), Potassium: 1482.02mg (42.34%), Vitamin K: 43.83µg (41.74%), Copper: 0.77mg (38.3%), Phosphorus: 371.7mg (37.17%), Vitamin B6: 0.67mg (33.26%), Iron: 4.74mg (26.32%), Vitamin B3: 4.67mg (23.36%), Calcium: 227.78mg (22.78%), Vitamin B1: 0.34mg (22.51%), Vitamin B2: 0.33mg (19.3%), Vitamin B5: 1.37mg (13.7%), Zinc: 2.03mg (13.52%), Vitamin A: 657.49IU (13.15%), Vitamin E: 0.92mg (6.16%), Selenium: 4.22µg (6.03%), Vitamin D: 0.63µg (4.17%), Vitamin B12: 0.2µg (3.41%)