



Blue Cheese and Cheddar Potato Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 cup flour all-purpose
- ☐ 9 ounce artichoke hearts frozen thawed drained
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.3 cup butter
- ☐ 1 cup onion separated thinly sliced
- ☐ 2 pounds potatoes red peeled thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 1 cup whipping cream
- ☐ 4 ounces cheddar cheese shredded white
- ☐ 1 cup milk whole

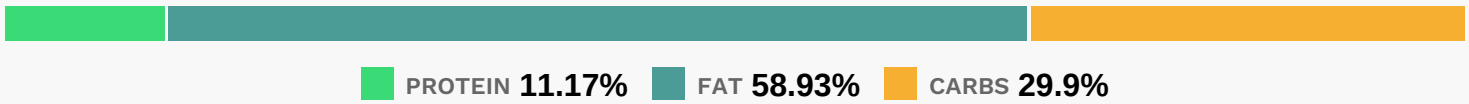
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt margarine in a heavy saucepan over low heat; add flour, stirring until smooth. Cook, stirring constantly, 1 minute. Gradually add cream and milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in salt, pepper, and nutmeg.
- ☐ Sprinkle blue cheese and garlic in a lightly greased 13- x 9- x 2-inch baking dish. Arrange half of onion rings over blue cheese and garlic; top with half of potato slices. Arrange artichoke hearts over potato slices.
- ☐ Pour half of sauce mixture over artichoke hearts. Repeat layers with remaining onion, potato slices, and sauce mixture.
- ☐ Bake, covered, at 350 for 1 hour.
- ☐ Sprinkle evenly with Cheddar cheese.
- ☐ Bake, uncovered, an additional 15 minutes or until potato is tender.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:2.67, Inflammation Score:-6, Nutrition Score:10.216087019962%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 298.88kcal (14.94%), Fat: 20.04g (30.83%), Saturated Fat: 10.4g (64.99%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 19.93g (7.25%), Sugar: 3.82g (4.24%), Cholesterol: 46.22mg (15.41%), Sodium: 366.41mg (15.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Phosphorus: 197.16mg (19.72%), Calcium: 182.82mg (18.28%), Potassium: 593.03mg (16.94%), Vitamin A: 803.58IU (16.07%), Folate: 63.12µg (15.78%), Vitamin B2: 0.24mg (14.16%), Vitamin C: 10.7mg (12.97%), Manganese: 0.25mg (12.55%), Vitamin B6: 0.25mg (12.3%), Fiber: 2.94g (11.77%), Selenium: 7.1µg (10.14%), Vitamin B1: 0.15mg (9.72%), Magnesium: 38.85mg (9.71%), Zinc: 1.19mg (7.95%), Vitamin B3: 1.59mg (7.93%), Copper: 0.16mg (7.93%), Vitamin B5: 0.66mg (6.58%), Vitamin B12: 0.38µg (6.3%), Iron: 1.06mg (5.88%), Vitamin D: 0.75µg (5.01%), Vitamin K: 3.98µg (3.79%), Vitamin E: 0.52mg (3.49%)