



Broccoli Idaho® Potato Gratin



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1 sheet ginger tea bags
- ☐ 12 oz broccoli florets
- ☐ 1 tbsp olive oil extra virgin
- ☐ 0.8 tsp garlic finely minced
- ☐ 1.3 cups milk
- ☐ 0.5 tsp paprika
- ☐ 2 tsp potato flour
- ☐ 1 lb potatoes peeled idaho®

- ☐ 6 servings salt and pepper
- ☐ 0.8 cup sharp cheddar cheese grated

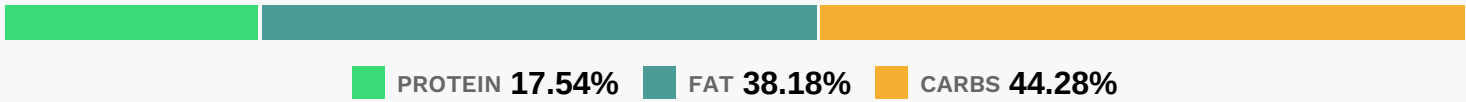
Equipment

- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Broccoli Idaho® Potato Gratin
- ☐ Ingredients1 lb. Idaho® potatoes, peeled1 tbsp. extra virgin olive oil3/4 tsp. finely minced garlic1/2 tsp. paprika12 oz. broccoli florets2 tsp. potato starch1 1/4 cups lowfat milk3/4 cup grated sharp cheddar cheese
- ☐ Salt and pepper
- ☐ Nonstick cooking oil spray or more olive oil, for greasing You will also needbaking sheet, gallon-sized plastic zipper bag, large mixing bowl, 2 qt. gratin dish or 8x8 baking dish
- ☐ Total Time: 1 Hour 15 Minutes
- ☐ Servings: 6 side servings
- ☐ Kosher Key: Dairy, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:31.29, Glycemic Load:10.53, Inflammation Score:-7, Nutrition Score:15.645652128303%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 180.33kcal (9.02%), Fat: 7.91g (12.17%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 17.39g (6.32%), Sugar: 4.09g (4.54%), Cholesterol: 16.58mg (5.53%), Sodium: 329.19mg (14.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.35%), Vitamin C: 65.6mg (79.52%), Vitamin K: 61.22µg (58.31%), Calcium: 199.18mg (19.92%), Phosphorus: 198.1mg (19.81%), Vitamin B6: 0.38mg (18.75%), Potassium: 599mg (17.11%), Vitamin A: 687.08IU (13.74%), Vitamin B2: 0.22mg (13.22%), Folate: 52.04µg (13.01%), Fiber: 3.25g (13%), Manganese: 0.25mg (12.46%), Magnesium: 39.88mg (9.97%), Selenium: 6.74µg (9.63%), Vitamin B1: 0.14mg (9.05%), Zinc: 1.2mg (7.99%), Vitamin B5: 0.79mg (7.95%), Vitamin B12: 0.45µg (7.49%), Vitamin E: 0.96mg (6.4%), Vitamin B3: 1.27mg (6.34%), Iron: 1.1mg (6.09%), Copper: 0.12mg (5.92%), Vitamin D: 0.63µg (4.17%)