



Broccoli Potato Gratin

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound broccoli florets chopped
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2 tablespoons dijon mustard
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 3 ounces gruyère cheese shredded
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 0.8 teaspoon salt divided
- ☐ 0.8 cup shallots minced (4 large)
- ☐ 2 pounds yukon gold potatoes peeled cut into 1/8-inch-thick slices

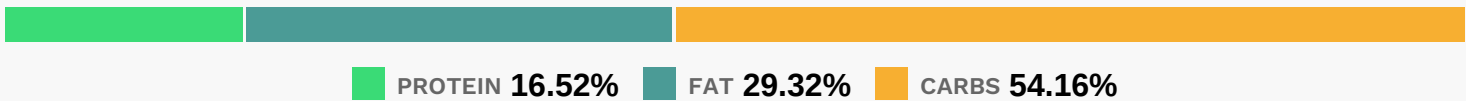
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Sprinkle with 1/2 teaspoon salt and pepper; toss to combine.
- ☐ Layer one-third of potato slices in a 13 x 9-inch baking dish coated with cooking spray, overlapping to fit; top with half of broccoli mixture. Repeat layers, ending with potato.
- ☐ Sprinkle evenly with remaining 1/4 teaspoon salt.
- ☐ Place 3 tablespoons flour in a medium bowl. Gradually add milk, stirring constantly with a whisk; stir in broth.
- ☐ Pour milk mixture over potato mixture. Top evenly with butter. Cover and bake at 375 for 1 hour. Uncover; sprinkle evenly with cheese.
- ☐ Bake 25 minutes or until browned. Cool on a wire rack 10 minutes.

Nutrition Facts



Properties

Glycemic Index:39.98, Glycemic Load:11.84, Inflammation Score:-7, Nutrition Score:12.494782697895%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 152.43kcal (7.62%), Fat: 5.15g (7.92%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 18.06g (6.57%), Sugar: 4g (4.44%), Cholesterol: 15.17mg (5.06%), Sodium: 367.9mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Vitamin C: 50.17mg (60.81%), Vitamin K: 40.71µg (38.77%), Vitamin B6: 0.37mg (18.27%), Potassium: 550.28mg (15.72%), Phosphorus: 155.36mg (15.54%), Calcium: 144.05mg (14.41%), Manganese: 0.29mg (14.3%), Fiber: 3.33g (13.31%), Folate: 47.14µg (11.79%), Vitamin B2: 0.16mg (9.62%), Magnesium: 36.61mg (9.15%), Vitamin B1: 0.13mg (8.91%), Vitamin A: 403.36IU (8.07%), Selenium: 5.17µg (7.38%), Iron: 1.26mg (7.01%), Vitamin B3: 1.37mg (6.83%), Vitamin B5: 0.68mg (6.77%), Copper: 0.13mg (6.45%), Zinc: 0.89mg (5.96%), Vitamin B12: 0.32µg (5.35%), Vitamin E: 0.4mg (2.68%)