



Caramelized Onion-Potato Gratin

READY IN



57 min.

SERVINGS



8

CALORIES



442 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled thinly sliced
- ☐ 1.3 cups breadcrumbs fresh soft
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 8 oz six-cheese blend shredded italian
- ☐ 1.5 teaspoons penzey's southwest seasoning dried italian

- ☐ 2 teaspoons lemon zest
- ☐ 3.5 cups milk
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1.8 teaspoons salt
- ☐ 2 large onions sweet halved thinly sliced

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Melt butter in a Dutch oven over medium-high heat; add onion, and cook, stirring often, 15 minutes or until onions are caramel colored; add garlic, and cook 1 minute.
- ☐ Stir in flour, and cook, stirring constantly, 1 minute. Gradually whisk in milk and next 3 ingredients. Cook, whisking often, 8 to 9 minutes or until mixture thickens.
- ☐ Remove from heat; whisk in cheese until melted and smooth.
- ☐ Layer half of potatoes in a lightly greased 13- x 9-inch baking dish; pour 2 cups sauce over potatoes in dish. Repeat layers once.
- ☐ Bake, uncovered, at 375 for 1 hour and 10 minutes or until golden brown and potatoes are fork tender, topping with breadcrumb mixture during last 15 minutes of baking.
- ☐ Remove from oven, and let stand 10 minutes.
- ☐ Lightened Potato-Caramelized Onion Gratin: Substitute 1% low-fat milk for whole milk, decrease butter to 1 1/2 Tbsp., and increase flour to 1/4 cup. Proceed with recipe as directed.

Nutrition Facts



 **PROTEIN 16.03%**  **FAT 32.6%**  **CARBS 51.37%**

Properties

Glycemic Index:43.34, Glycemic Load:27.75, Inflammation Score:-7, Nutrition Score:18.300869454508%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 442.02kcal (22.1%), Fat: 16.45g (25.31%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 58.34g (19.45%), Net Carbohydrates: 54.24g (19.72%), Sugar: 11.47g (12.74%), Cholesterol: 31.4mg (10.47%), Sodium: 809.78mg (35.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.41%), Vitamin B6: 0.8mg (40.2%), Vitamin K: 38.28µg (36.45%), Potassium: 1029.86mg (29.42%), Calcium: 287.45mg (28.74%), Vitamin B1: 0.42mg (28.28%), Manganese: 0.55mg (27.63%), Phosphorus: 271.26mg (27.13%), Vitamin C: 17.19mg (20.84%), Vitamin B2: 0.32mg (18.58%), Magnesium: 70.38mg (17.6%), Folate: 70.19µg (17.55%), Vitamin B3: 3.33mg (16.63%), Fiber: 4.1g (16.39%), Iron: 2.92mg (16.21%), Copper: 0.28mg (14%), Selenium: 9.22µg (13.18%), Vitamin B5: 1.13mg (11.28%), Vitamin B12: 0.67µg (11.16%), Vitamin A: 500.56IU (10.01%), Zinc: 1.44mg (9.57%), Vitamin D: 1.18µg (7.89%), Vitamin E: 0.33mg (2.18%)