



WHATSheATE



Cheddar Potato Gratin

READY IN



90 min.

SERVINGS



12

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup whipping cream
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper white
- ☐ 0.3 teaspoon nutmeg
- ☐ 3 lb baking potatoes fresh peeled (4 large)
- ☐ 0.3 cup spring onion thinly sliced (4 medium)

- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 cup parmesan shredded
- ☐ 2 cups frangelico

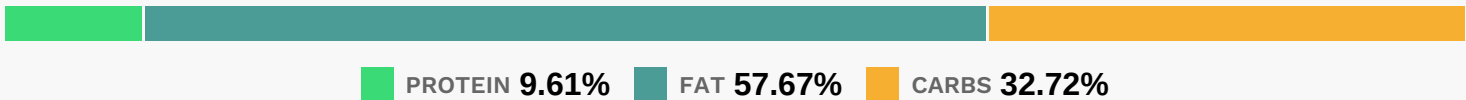
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 3-quart glass baking dish with cooking spray.
- ☐ In 2-quart saucepan, melt butter over medium heat. Cook and stir garlic in butter 1 minute. Stir in flour with whisk until smooth. Gradually add half-and-half and cream.
- ☐ Heat to boiling. Reduce heat to low; cook about 5 minutes, stirring frequently, until sauce is slightly thick. Stir in salt, pepper and nutmeg. Slice potatoes into 1/8-inch-thick slices.
- ☐ In large bowl, toss potatoes with cream sauce.
- ☐ Layer half of the potatoes in baking dish; top with green onions.
- ☐ Sprinkle with half each of the Cheddar and Parmesan cheeses. Repeat layers, using up potatoes and cheese.
- ☐ Bake 55 to 65 minutes or until potatoes are tender and top is golden brown.
- ☐ Let stand 5 to 10 minutes before serving. Cover and refrigerate any remaining potatoes.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:18.22, Inflammation Score:-6, Nutrition Score:8.5756522261578%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 294.3kcal (14.72%), Fat: 19.21g (29.55%), Saturated Fat: 8.69g (54.29%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 22.87g (8.32%), Sugar: 1.42g (1.58%), Cholesterol: 34.69mg (11.56%), Sodium: 423.06mg (18.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin B6: 0.42mg (20.92%), Vitamin A: 779.1IU (15.58%), Phosphorus: 153.69mg (15.37%), Calcium: 150.05mg (15%), Potassium: 518.48mg (14.81%), Manganese: 0.22mg (10.94%), Vitamin B2: 0.15mg (9.01%), Vitamin B1: 0.13mg (8.79%), Vitamin C: 7.16mg (8.68%), Selenium: 5.92µg (8.46%), Magnesium: 33.56mg (8.39%), Vitamin B3: 1.42mg (7.12%), Vitamin K: 7.3µg (6.96%), Iron: 1.25mg (6.96%), Folate: 26.78µg (6.69%), Copper: 0.13mg (6.63%), Fiber: 1.65g (6.61%), Zinc: 0.88mg (5.85%), Vitamin B5: 0.48mg (4.78%), Vitamin E: 0.58mg (3.87%), Vitamin B12: 0.19µg (3.19%), Vitamin D: 0.39µg (2.63%)