



Cheddar Potato Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chicken broth
- ☐ 2 teaspoons sage dried
- ☐ 1 onion divided thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 3 pounds potatoes divided peeled thinly sliced
- ☐ 1.5 teaspoons salt
- ☐ 8 oz cheddar cheese shredded divided
- ☐ 1 cup whipping cream

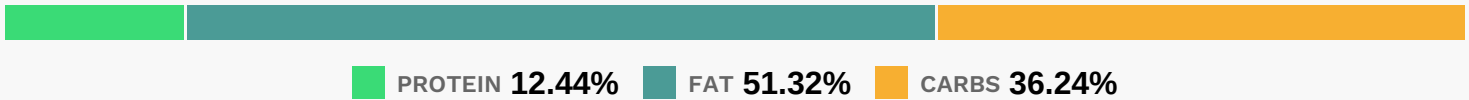
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Mix sage, salt and pepper in a cup; set aside.
- ☐ Layer 1/3 of potatoes and half of onion in a lightly greased 13"x9" baking pan.
- ☐ Sprinkle with one teaspoon of sage mixture and 1/3 of cheese. Repeat layers with remaining ingredients, ending with cheese.
- ☐ Whisk cream and broth together until well blended; pour evenly over top.
- ☐ Bake, covered, at 400 degrees for one hour, until tender and golden.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.15, Glycemic Load:14.83, Inflammation Score:-5, Nutrition Score:9.1317389633345%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 236.96kcal (11.85%), Fat: 13.74g (21.14%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 19.16g (6.97%), Sugar: 2g (2.22%), Cholesterol: 41.7mg (13.9%), Sodium: 499.49mg (21.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.99%), Vitamin C: 23.14mg (28.05%), Vitamin B6: 0.37mg (18.31%), Phosphorus: 166.29mg (16.63%), Calcium: 164.03mg (16.4%), Potassium: 529.05mg (15.12%), Fiber: 2.68g (10.71%), Manganese: 0.21mg (10.42%), Vitamin B2: 0.17mg (10.07%), Vitamin A: 485.21IU (9.7%), Selenium: 6.41µg (9.16%), Magnesium: 33.91mg (8.48%), Zinc: 1.1mg (7.35%), Vitamin B1: 0.11mg (7.25%), Copper: 0.14mg (6.94%), Vitamin B3: 1.27mg (6.37%), Folate: 24.71µg (6.18%), Iron: 0.98mg (5.46%), Vitamin B5: 0.48mg (4.78%),

Vitamin B12: 0.24µg (3.93%), Vitamin K: 3.7µg (3.53%), Vitamin D: 0.43µg (2.87%), Vitamin E: 0.35mg (2.32%)