



Chicken-Fennel-Potato au Gratin

 Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



446 kcal

SIDE DISH

Ingredients

- 16 oz alfredo sauce
- 2 tablespoons butter softened
- 1.5 lb fennel bulb
- 2 cloves garlic finely chopped
- 8 oz gruyere cheese shredded
- 0.5 cup milk
- 3 oz parmesan cheese freshly grated
- 0.3 teaspoon pepper freshly ground

- 6 cups potatoes – remove skin red peeled thinly sliced
- 1 teaspoon salt
- 1.3 lb chicken breast boneless skinless cut into 1/2-inch pieces

Equipment

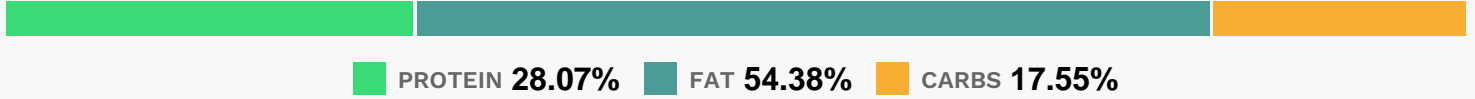
- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Brush 13x9-inch (3-quart) glass baking dish with 1 teaspoon of the softened butter; sprinkle garlic in bottom of dish. Set aside.
- Cut off stalks from fennel bulbs to within 1 inch of bulb; reserve 1/4 cup of the feathery leaves and discard stalks.
- Cut off and discard bottom of bulbs.
- Cut bulb lengthwise into quarters; remove core.
- Cut each quarter crosswise into about 1/4-inch-thick slices to make about 4 cups.
- Heat oven to 375F. In 12-inch skillet, melt remaining butter over medium-high heat.
- Add chicken; sprinkle with salt and pepper. Cook and stir about 4 minutes.
- Add fennel; cook and stir 4 minutes longer. Cover; remove from heat.
- Arrange 1/2 of the potato slices in baking dish. In small bowl, mix Alfredo sauce, milk and 2 tablespoons of the fennel leaves.
- Pour 1/2 of sauce mixture over potatoes in dish; top with 1 cup Swiss cheese. Spoon chicken mixture evenly over cheese. Top with remaining potatoes; press to make mixture flat.
- Pour remaining sauce mixture over top.
- Sprinkle with remaining 1 cup Swiss cheese.
- Cover with foil; bake 1 hour. Uncover; sprinkle with Parmesan cheese.

- Bake 25 to 30 minutes longer or until potatoes are tender when pierced with a fork.
- Let stand 10 minutes before serving.
- Garnish with remaining fennel leaves.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:20.869999989219%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 446.02kcal (22.3%), Fat: 26.83g (41.27%), Saturated Fat: 13.02g (81.39%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 15.85g (5.76%), Sugar: 5.83g (6.47%), Cholesterol: 124.82mg (41.61%), Sodium: 1235.72mg (53.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.32%), Vitamin K: 56.29µg (53.61%), Phosphorus: 482.04mg (48.2%), Selenium: 31.79µg (45.41%), Calcium: 452.77mg (45.28%), Vitamin B3: 8.64mg (43.22%), Vitamin B6: 0.72mg (35.86%), Potassium: 941.04mg (26.89%), Vitamin C: 16.13mg (19.56%), Vitamin B5: 1.62mg (16.23%), Zinc: 2.41mg (16.04%), Magnesium: 61.42mg (15.36%), Vitamin B2: 0.25mg (14.98%), Fiber: 3.62g (14.5%), Manganese: 0.29mg (14.41%), Vitamin B12: 0.82µg (13.75%), Vitamin A: 650.19IU (13%), Folate: 39.46µg (9.87%), Vitamin B1: 0.13mg (8.65%), Copper: 0.17mg (8.37%), Iron: 1.41mg (7.84%), Vitamin E: 0.88mg (5.9%), Vitamin D: 0.46µg (3.08%)