



Country Potatoes au Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled cut into 1/8-inch-thick slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 1.3 cups seasoning cubes diced
- ☐ 0.7 cup flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 4 cups milk 2% reduced-fat
- ☐ 5.5 ounces onion thinly sliced
- ☐ 1 teaspoon salt

☐ 1.5 cups sharp cheddar cheese shredded divided

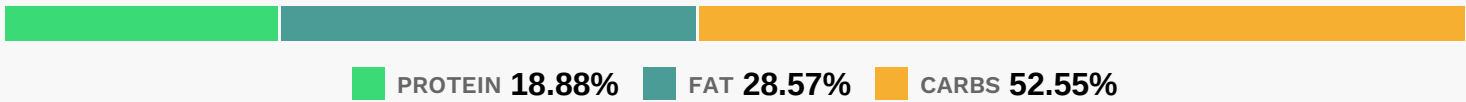
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 5 minutes or until onion is tender.
- ☐ Combine milk, salt, pepper, and flour, stirring with a whisk.
- ☐ Add milk mixture to pan. Bring to a simmer; cook until slightly thick (about 2 minutes), stirring frequently.
- ☐ Add 4 ounces cheese and ham, stirring until cheese melts. Stir in potatoes.
- ☐ Place the potato mixture in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle potato mixture with remaining 2 ounces of cheese. Cover with foil coated with cooking spray.
- ☐ Bake at 350 for 45 minutes. Uncover and bake an additional 30 minutes or until lightly browned and potatoes are tender.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.72, Glycemic Load:30.58, Inflammation Score:-6, Nutrition Score:15.308260710343%

Flavonoids

Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 355.41kcal (17.77%), Fat: 11.46g (17.62%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 44.55g (16.2%), Sugar: 8.28g (9.2%), Cholesterol: 42.86mg (14.29%), Sodium: 734.64mg (31.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.06%), Vitamin B6: 0.69mg (34.42%), Calcium: 322.35mg (32.23%), Phosphorus: 318.17mg (31.82%), Potassium: 936.12mg (26.75%), Vitamin B2: 0.43mg (25.08%), Manganese: 0.41mg (20.47%), Selenium: 13.43µg (19.19%), Vitamin B1: 0.28mg (18.98%), Magnesium: 62.48mg (15.62%), Folate: 57.01µg (14.25%), Vitamin C: 11.72mg (14.21%), Vitamin B12: 0.85µg (14.2%), Zinc: 1.96mg (13.06%), Vitamin B3: 2.53mg (12.63%), Iron: 2.19mg (12.15%), Fiber: 2.86g (11.45%), Vitamin B5: 1.1mg (10.98%), Copper: 0.22mg (10.81%), Vitamin A: 366.43IU (7.33%), Vitamin K: 4.12µg (3.93%), Vitamin E: 0.25mg (1.68%)