



## 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 35

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.

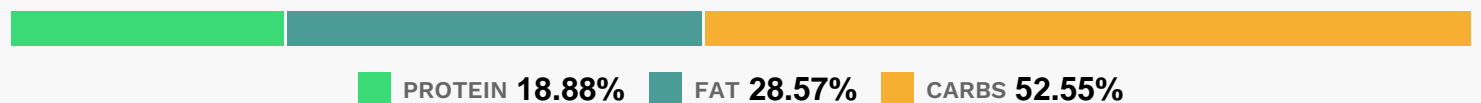
Place the potato mixture in a 13 x 9-inch baking dish coated with cooking spray.

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%)