



Creamy cheese & potato bake

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



532 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 kg potatoes peeled
- ☐ 1 onion finely chopped
- ☐ 1 knob butter for greasing
- ☐ 100 ml wine
- ☐ 300 ml milk
- ☐ 400 ml double cream
- ☐ 3 sage finely chopped
- ☐ 50 g gruyere cheese grated

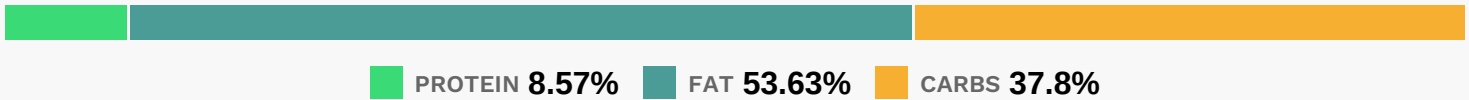
Equipment

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

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Boil the potatoes for 3 mins to soften a little, then drain. When cool enough to handle, slice into 5mm pieces. Cook the onion in the butter in a pan until softened, about 5 mins, then pour over the wine, milk and cream and heat through.
- ☐ Place the potato slices into a large bowl, pour over the cream mixture, sage leaves and half the cheese. Carefully stir until the potato slices are coated.
- ☐ Grease a large baking dish (about 20 x 30cm) with a little butter, then tip the potatoes in. Smooth over the top, scatter over the remaining cheese and season with black pepper. Cover with foil and cook for 30 mins, then uncover and cook 30-40 mins more until a fork slides in easily and the top is golden brown.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:33.33, Inflammation Score:-8, Nutrition Score:18.743913339532%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.48mg

Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 532.2kcal (26.61%), Fat: 31.64g (48.67%), Saturated Fat: 19.83g (123.95%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 44.36g (16.13%), Sugar: 7.36g (8.18%), Cholesterol: 98.66mg (32.89%), Sodium: 136.29mg (5.93%), Alcohol: 1.74g (100%), Alcohol %: 0.53% (100%), Protein: 11.37g (22.75%), Vitamin C: 51.01mg (61.83%), Vitamin B6: 0.83mg (41.49%), Potassium: 1240.01mg (35.43%), Phosphorus: 293.1mg (29.31%), Vitamin A: 1241.22IU (24.82%), Fiber: 5.81g (23.25%), Calcium: 228.57mg (22.86%), Manganese: 0.43mg (21.61%), Magnesium: 75.01mg (18.75%), Vitamin B2: 0.31mg (18.19%), Copper: 0.35mg (17.49%), Vitamin B1: 0.26mg (17.12%), Vitamin B3: 2.78mg (13.91%), Vitamin B5: 1.18mg (11.84%), Folate: 47.27µg (11.82%), Iron: 2.12mg (11.77%), Vitamin D: 1.69µg (11.27%), Zinc: 1.48mg (9.85%), Vitamin B12: 0.52µg (8.75%), Vitamin K: 7.66µg (7.3%), Selenium: 5.09µg (7.28%), Vitamin E: 0.78mg (5.17%)