



Creamy potato & shallot gratin



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 25 g butter
- ☐ 400 g shallots thinly sliced
- ☐ 1 bay leaves
- ☐ 1 tsp thyme leaves
- ☐ 500 ml double cream
- ☐ 8 servings nutmeg grated
- ☐ 1 small pinch ground pepper
- ☐ 1 kg potatoes peeled thinly sliced

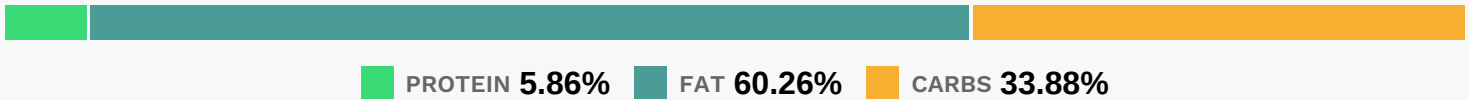
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Heat most of the butter in a shallow pan.
- ☐ Add the shallots, bay leaf and thyme, and cook for 10 mins until soft, golden and sticky.
- ☐ Pour in the cream and bring to the boil. Turn off the heat, season with nutmeg and cayenne and leave to infuse.
- ☐ Meanwhile, heat oven to 200C/180C fan/ gas
- ☐ Place the potatoes in a pan of cold water, bring to the boil, then drain. Butter a large gratin dish, then layer it up with potatoes and cream, finishing with a good ladle of cream and shallots. Use a fish slice to press everything down. You can now cover and chill it for up to a day before baking, if you like.
- ☐ Bake for 40 mins or until golden and the shallots are starting to crisp.

Nutrition Facts



Properties

Glycemic Index:38.84, Glycemic Load:18.43, Inflammation Score:-8, Nutrition Score:11.775217346523%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 379.1kcal (18.96%), Fat: 26.13g (40.19%), Saturated Fat: 16.63g (103.93%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 28.26g (10.28%), Sugar: 7.32g (8.13%), Cholesterol: 77.77mg (25.92%), Sodium: 50.91mg (2.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin C: 29.24mg (35.44%), Vitamin B6: 0.57mg (28.37%), Potassium: 761.66mg (21.76%), Vitamin A: 1019.59IU (20.39%), Manganese: 0.4mg (19.94%), Fiber: 4.79g (19.15%), Phosphorus: 142.88mg (14.29%), Magnesium: 47.57mg (11.89%), Copper: 0.21mg (10.36%),

Folate: 41.21µg (10.3%), Vitamin B2: 0.17mg (10.06%), Vitamin B1: 0.15mg (9.98%), Iron: 1.72mg (9.57%), Calcium: 79.95mg (8%), Vitamin B3: 1.49mg (7.44%), Vitamin B5: 0.68mg (6.79%), Vitamin D: 1.01µg (6.71%), Zinc: 0.76mg (5.08%), Vitamin K: 5.02µg (4.78%), Vitamin E: 0.69mg (4.58%), Selenium: 2.93µg (4.18%), Vitamin B12: 0.11µg (1.77%)