



Creamy Two-Cheese Potatoes Gratin



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1/4-inch-thick slices
- ☐ 1.3 cups cheddar cheese hot
- ☐ 6 garlic clove chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 Dash paprika
- ☐ 1 ounce parmesan fresh grated
- ☐ 0.5 teaspoon salt

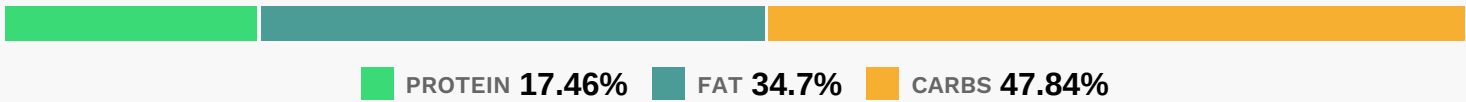
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Place the potato slices and garlic cloves in a saucepan, and cover with water. Bring to a boil, and cook 8 minutes or just until tender.
- ☐ Drain.
- ☐ Combine the Cheddar Cheese Sauce, salt, and pepper.
- ☐ Arrange half of the cooked potatoes and garlic in a 2-quart baking dish coated with cooking spray.
- ☐ Pour half of the sauce mixture over potatoes. Repeat the procedure with remaining potatoes and garlic and remaining sauce mixture.
- ☐ Sprinkle with Parmesan cheese and paprika.
- ☐ Bake at 350 for 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:21.97, Inflammation Score:-4, Nutrition Score:10.31434798759%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 238.67kcal (11.93%), Fat: 9.37g (14.42%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 27.03g (9.83%), Sugar: 1.09g (1.21%), Cholesterol: 26.75mg (8.92%), Sodium: 431.54mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.22%), Vitamin B6: 0.58mg (29.04%), Calcium: 247.69mg (24.77%), Phosphorus: 228.53mg (22.85%), Potassium: 666.26mg (19.04%), Manganese: 0.29mg (14.62%), Selenium: 8.76µg (12.52%), Vitamin C: 9.59mg (11.62%), Magnesium: 44.06mg (11.01%), Vitamin B2:

0.17mg (10.19%), Zinc: 1.47mg (9.8%), Vitamin B1: 0.14mg (9.26%), Copper: 0.17mg (8.72%), Fiber: 2.05g (8.18%),
Vitamin B3: 1.62mg (8.08%), Iron: 1.44mg (7.98%), Folate: 26.58µg (6.65%), Vitamin A: 300.12IU (6%), Vitamin B5:
0.59mg (5.92%), Vitamin B12: 0.31µg (5.1%), Vitamin K: 3.46µg (3.3%), Vitamin E: 0.22mg (1.48%), Vitamin D: 0.16µg
(1.1%)