



Curried Potato Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- 1 tablespoon curry powder
- 0.3 cup flour all-purpose
- 1 garlic clove crushed
- 0.3 cup green onions sliced
- 2.5 cups milk 1% low-fat
- 0.5 cup yogurt plain low-fat
- 1 ounce parmesan cheese fresh grated
- 3 pounds potatoes red thinly sliced
- 0.5 teaspoon salt

- 2 teaspoons stick margarine
- 0.5 cup tomato sauce

Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

Directions

- Place potato in a saucepan; cover with water. Bring to a boil; cook 15 minutes or until tender.
- Drain and cool. Arrange 2 cups potato in an 11 x 7-inch baking dish coated with cooking spray.
- Preheat oven to 42
- Combine the milk and flour in a small bowl; stir with a whisk. Melt butter in a medium saucepan over medium heat.
- Add the onions, curry powder, and garlic. Cook 1 minute. Stir in milk mixture, and cook until thick (about 1 minute), stirring frequently.
- Remove from heat. Stir in the yogurt, tomato sauce, and salt. Spoon half of sauce over potato. Repeat the procedure with the remaining potato and sauce.
- Sprinkle with cheese.
- Bake at 425 for 30 minutes or until golden brown.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:3.26, Inflammation Score:-5, Nutrition Score:12.97173909519%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 209.81kcal (10.49%), Fat: 3.29g (5.06%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 34.05g (12.38%), Sugar: 7.62g (8.46%), Cholesterol: 7.02mg (2.34%), Sodium: 357.47mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.37%), Potassium: 1003.6mg (28.67%), Phosphorus: 240.76mg (24.08%), Vitamin C: 16.62mg (20.14%), Calcium: 189.81mg (18.98%), Vitamin B6: 0.38mg (18.84%), Manganese: 0.34mg (16.95%), Vitamin B1: 0.24mg (15.8%), Fiber: 3.6g (14.4%), Vitamin B2: 0.24mg (14.22%), Magnesium: 56.54mg (14.14%), Copper: 0.27mg (13.34%), Vitamin B3: 2.57mg (12.85%), Vitamin K: 12.77µg (12.16%), Folate: 48.11µg (12.03%), Iron: 1.95mg (10.82%), Vitamin B12: 0.58µg (9.66%), Vitamin B5: 0.92mg (9.23%), Selenium: 5.76µg (8.23%), Zinc: 1.23mg (8.2%), Vitamin A: 340.91IU (6.82%), Vitamin D: 0.83µg (5.53%), Vitamin E: 0.49mg (3.26%)