



## Dijon Potatoes Au Gratin

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



122 kcal

SIDE DISH

### Ingredients

- 2 Tbsp grey poupon dijon mustard
- 1 Tbsp basil fresh chopped
- 1 cup half-and-half
- 2 Tbsp butter divided
- 5 cups potatoes peeled thinly sliced
- 0.3 cup shallots finely chopped
- 1 cup swiss cheese shredded divided kraft

### Equipment

- sauce pan
- oven
- casserole dish
- aluminum foil

## Directions

- Preheat oven to 400F. Cook and stir shallots in 1 Tbsp. of the margarine in medium saucepan on medium heat until tender.
- Add half-and-half, mustard and remaining 1 Tbsp. margarine; cook 5 min., stirring frequently. Reduce heat to low.
- Add 1/2 cup of the cheese and the basil; cook until cheese is completely melted, stirring frequently.
- Layer potatoes and cream sauce alternately in greased 2-qt. round casserole dish; sprinkle with remaining 1/2 cup cheese. Cover with foil.
- Bake 45 to 55 min. or until potatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:16.18, Glycemic Load:9.2, Inflammation Score:-3, Nutrition Score:5.5952173678771%

## Flavonoids

Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 121.85kcal (6.09%), Fat: 5.73g (8.81%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 12.24g (4.45%), Sugar: 1.66g (1.84%), Cholesterol: 12.34mg (4.11%), Sodium: 67.61mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin C: 14.44mg (17.51%), Vitamin B6: 0.24mg (12%), Phosphorus: 102.53mg (10.25%), Potassium: 343.69mg (9.82%), Calcium: 94.25mg (9.43%), Fiber: 1.8g (7.2%), Manganese: 0.14mg (6.81%), Magnesium: 22.48mg (5.62%), Selenium: 3.64µg (5.2%), Vitamin B2: 0.08mg (4.64%), Vitamin B1: 0.07mg (4.59%), Copper: 0.09mg (4.41%), Vitamin A: 208.83IU (4.18%), Vitamin B12: 0.25µg (4.17%), Zinc: 0.62mg (4.12%), Vitamin B3: 0.79mg (3.93%), Iron: 0.67mg (3.73%), Folate: 14.56µg (3.64%), Vitamin K:

3.46µg (3.29%), Vitamin B5: 0.31mg (3.08%), Vitamin E: 0.16mg (1.07%)