



Easy, Cheesy Potato Gratin

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup aged gruyère cheese shredded
- ☐ 3 cups milk 2% divided reduced-fat
- ☐ 0.3 cup parmigiano-reggiano cheese grated

- ☐ 40 ounce potatoes home-style (such as Simply Potatoes)
- ☐ 0.5 teaspoon salt

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Arrange potatoes in a broiler-safe 11 x 7-inch baking dish coated with cooking spray. Cover with plastic wrap; vent. Microwave at HIGH 10 minutes; uncover carefully.
- ☐ Melt butter in a medium saucepan over medium heat; swirl to coat.
- ☐ Add thyme and garlic; saut 3 minutes.
- ☐ Sprinkle with flour; stir in 1/3 cup milk. Cook 1 minute, stirring constantly with a whisk. Stir in remaining 2 2/3 cups milk. Bring mixture to a simmer; cook 4 minutes or until slightly thick, stirring frequently.
- ☐ Remove from heat. Stir in salt, pepper, and Gruyre.
- ☐ Pour sauce over potato mixture; sprinkle with Parmigiano-Reggiano.
- ☐ Bake at 400 for 20 minutes or until potatoes are tender when pierced with a knife.
- ☐ Turn on broiler (leave dish in oven). Broil gratin 2 minutes or until browned.
- ☐ Sprinkle with chives.

Nutrition Facts



 PROTEIN **15.9%**  FAT **25.66%**  CARBS **58.44%**

Properties

Glycemic Index:32.31, Glycemic Load:14.3, Inflammation Score:-7, Nutrition Score:8.1860868840114%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 154.03kcal (7.7%), Fat: 4.45g (6.85%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 20.5g (7.45%), Sugar: 3.78g (4.2%), Cholesterol: 13.93mg (4.64%), Sodium: 201.42mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.41%), Vitamin C: 20.13mg (24.39%), Vitamin B6: 0.32mg (16.13%), Phosphorus: 151.61mg (15.16%), Calcium: 149.47mg (14.95%), Potassium: 498.63mg (14.25%), Manganese: 0.21mg (10.64%), Vitamin B2: 0.18mg (10.58%), Fiber: 2.3g (9.2%), Vitamin B1: 0.13mg (8.91%), Magnesium: 32.68mg (8.17%), Vitamin B12: 0.4µg (6.66%), Vitamin B3: 1.3mg (6.51%), Folate: 26.06µg (6.51%), Copper: 0.12mg (6%), Selenium: 4.19µg (5.99%), Iron: 1.07mg (5.97%), Vitamin B5: 0.55mg (5.48%), Zinc: 0.81mg (5.4%), Vitamin A: 195.75IU (3.91%), Vitamin K: 2.8µg (2.67%)