



Fennel-and-Potato Gratin

 Vegetarian

READY IN



82 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- 2 lb baking potatoes peeled thinly sliced
- 3 tablespoons butter
- 1 small fennel bulb thinly sliced
- 2 tablespoons flour all-purpose
- 1 garlic clove minced
- 0.1 teaspoon nutmeg
- 1.3 cups half and half
- 0.3 teaspoon pepper freshly ground

- 8 servings rosemary
- 0.5 teaspoon salt
- 1 shallots sliced

Equipment

- sauce pan
- oven
- whisk
- casserole dish
- aluminum foil
- broiler

Directions

- Preheat oven to 400
- Melt butter in a heavy saucepan over medium heat.
- Add shallot; saut 2 to 3 minutes or until tender.
- Add garlic, and saut 1 minute.
- Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in half-and-half; cook, whisking constantly, 3 to 4 minutes or until thickened and bubbly.
- Remove from heat.
- Whisk in cheese until melted and smooth. Stir in salt and next 2 ingredients.
- Layer potato and fennel slices alternately in a lightly greased, broiler-safe ceramic 2-qt. casserole dish.
- Spread cheese sauce over layers. Cover with aluminum foil.
- Bake at 400 for 50 minutes or until potatoes are tender.
- Remove from oven. Increase oven temperature to broil with oven rack 5 inches from heat. Uncover dish, and broil 2 to 4 minutes or until golden brown.
- Garnish, if desired.

Nutrition Facts



■ PROTEIN 8.55% ■ FAT 39.16% ■ CARBS 52.29%

Properties

Glycemic Index:60.84, Glycemic Load:17.9, Inflammation Score:-4, Nutrition Score:8.546956523605%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 196.11kcal (9.81%), Fat: 8.81g (13.55%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 23.85g (8.67%), Sugar: 3.68g (4.09%), Cholesterol: 24.52mg (8.17%), Sodium: 223.59mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Vitamin B6: 0.44mg (22.11%), Vitamin K: 21.41µg (20.39%), Potassium: 661.01mg (18.89%), Manganese: 0.27mg (13.68%), Vitamin C: 10.74mg (13.02%), Phosphorus: 118.88mg (11.89%), Fiber: 2.6g (10.42%), Magnesium: 36.49mg (9.12%), Vitamin B1: 0.13mg (8.37%), Vitamin B2: 0.13mg (7.81%), Iron: 1.38mg (7.65%), Vitamin B3: 1.53mg (7.63%), Folate: 29.91µg (7.48%), Calcium: 74.61mg (7.46%), Copper: 0.15mg (7.39%), Vitamin A: 309.04IU (6.18%), Vitamin B5: 0.54mg (5.45%), Zinc: 0.57mg (3.83%), Selenium: 2.66µg (3.79%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.08µg (1.35%)