



Garlic Mashed-Potato Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chives chopped
- ☐ 4 ounces cream cheese at room temperature
- ☐ 12 cloves garlic
- ☐ 1.5 cups heavy cream
- ☐ 1 cup parmesan grated
- ☐ 5 pounds russet potatoes diced peeled
- ☐ 8 servings salt and pepper
- ☐ 4 tablespoons butter unsalted

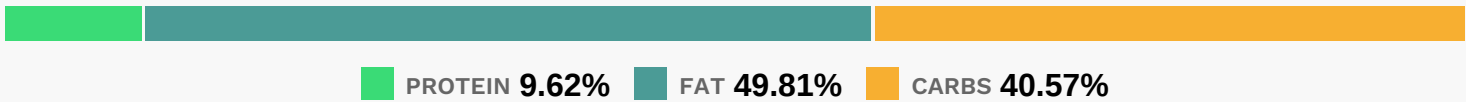
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Grease a 3–quart ovenproof dish with 1 Tbsp. butter. In a large pot, cover potatoes and garlic with cold water and add 2 tsp. salt. Bring to boil and cook over medium heat until tender, about 30 minutes.
- ☐ Drain and return potatoes and garlic to pot.
- ☐ While potatoes are cooking, bring cream, grated Parmesan and 2 Tbsp. butter to simmer in a medium saucepan, stirring until Parmesan melts.
- ☐ Remove mixture from heat and set aside. Preheat oven to 350F.
- ☐ Mash potatoes and garlic with cream cheese until smooth.
- ☐ Add cream mixture to potato mixture and stir well to combine. Stir in chives, season with salt and pepper and spoon potato mixture into prepared baking dish.
- ☐ Dot potatoes with remaining 1 Tbsp. butter and bake until potatoes are heated through and golden brown on top, about 45 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:41.05, Inflammation Score:-8, Nutrition Score:17.522174026655%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 531.94kcal (26.6%), Fat: 30.16g (46.4%), Saturated Fat: 18.86g (117.85%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 51.44g (18.71%), Sugar: 3.79g (4.21%), Cholesterol: 88.29mg (29.43%), Sodium: 466.38mg (20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Vitamin B6: 1.07mg (53.62%), Potassium: 1281.94mg (36.63%), Phosphorus: 293.74mg (29.37%), Manganese: 0.53mg (26.75%), Vitamin A: 1230.97IU (24.62%), Calcium: 240.3mg (24.03%), Vitamin C: 19.28mg (23.37%), Magnesium: 77.42mg (19.36%), Vitamin B1: 0.26mg (17.39%), Copper: 0.32mg (16.11%), Vitamin B2: 0.26mg (15.4%), Fiber: 3.84g (15.37%), Vitamin B3: 3.06mg (15.3%), Iron: 2.72mg (15.11%), Vitamin K: 12.93µg (12.32%), Folate: 46.6µg (11.65%), Vitamin B5: 1.15mg (11.47%), Selenium: 7.24µg (10.34%), Zinc: 1.42mg (9.45%), Vitamin D: 0.88µg (5.88%), Vitamin E: 0.76mg (5.06%), Vitamin B12: 0.26µg (4.41%)