



Garlic Potatoes Gratin

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



387 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 3 tablespoons butter
- 5 cloves garlic minced
- 6 ounces gouda cheese shredded divided
- 1.5 cups heavy cream
- 3 pounds potatoes red peeled sliced
- 1 teaspoon salt

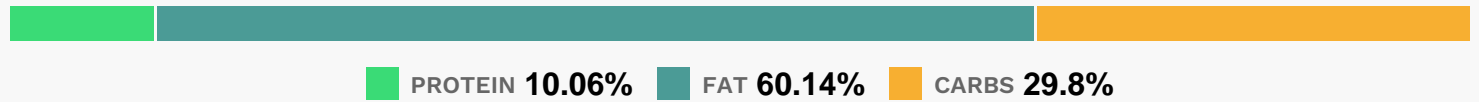
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9x13 inch baking dish.
- In the prepared dish layer 1/2 of the potatoes, 1/2 of the cheese, then the remaining potatoes.
- Melt the butter in a small skillet over medium heat.
- Saute garlic until fragrant and golden brown; pour over potatoes.
- Combine cream, salt and pepper; pour evenly over potatoes and sprinkle with remaining cheese.
- Bake in preheated oven for 75 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:11.863478245942%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 387.24kcal (19.36%), Fat: 26.44g (40.68%), Saturated Fat: 16.77g (104.8%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 26.53g (9.65%), Sugar: 3.99g (4.44%), Cholesterol: 85.95mg (28.65%), Sodium: 541.59mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Phosphorus: 250.06mg (25.01%), Potassium: 852.56mg (24.36%), Calcium: 200.68mg (20.07%), Vitamin C: 15.48mg (18.76%), Vitamin A: 919.65IU (18.39%), Vitamin B6: 0.35mg (17.28%), Manganese: 0.29mg (14.53%), Vitamin B2: 0.21mg (12.45%), Copper: 0.25mg (12.4%), Magnesium: 47.51mg (11.88%), Fiber: 2.96g (11.85%), Vitamin B1: 0.16mg (10.48%), Zinc: 1.53mg (10.18%), Vitamin B3: 2.01mg (10.07%), Folate: 37.1µg (9.28%), Selenium: 5.6µg (8%), Iron: 1.38mg (7.69%), Vitamin K: 7.45µg (7.1%), Vitamin B12: 0.41µg (6.8%), Vitamin B5: 0.68mg (6.79%), Vitamin D: 0.82µg (5.47%), Vitamin E: 0.6mg (4.02%)