



Golden Potato and Cauliflower Gratin

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cauliflower fresh mini cut into florets
- ☐ 8 servings coarse kosher salt and pepper black freshly ground
- ☐ 2 cups crème fraîche
- ☐ 2 tablespoons thyme leaves fresh chopped for garnish
- ☐ 0.5 cup whipping cream
- ☐ 3.5 pounds yukon gold potatoes peeled cut into 1/8 inch-thick slices

Equipment

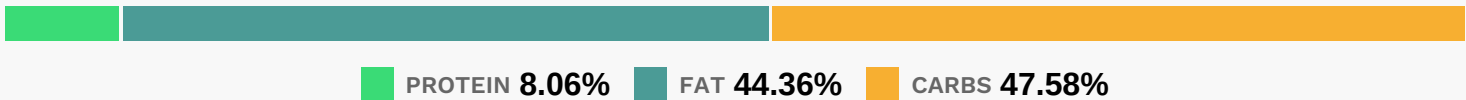
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the oven rack in center of oven and preheat to 400 degrees F.
- ☐ In a medium bowl, whisk creme fraiche and whipping cream until combined.
- ☐ In a large baking dish, approximately 9 by 13-inches, arrange 1/3 of potato slices, overlapping slightly. Generously season with salt, pepper, and some fresh thyme leaves. Drop 1/3 of the cream mixture in dollops over potatoes, and spread evenly, (layer will be very thin). Repeat with another layer.
- ☐ Layer for a 3rd and last time, covering the top of the potatoes with the cream mixture, then mini cauliflower florets, and generously season with salt, pepper, and remaining thyme.
- ☐ Bake 30 minutes and reduce oven temperature to 350 degrees F. Continue to bake until top is golden brown, about 20 minutes longer.
- ☐ Do your best to let gratin rest 15 to 20 minutes before serving.
- ☐ Garnish with thyme sprigs. Eat and enjoy!

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:25.95, Inflammation Score:-9, Nutrition Score:16.186956804732%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 331.75kcal (16.59%), Fat: 16.88g (25.96%), Saturated Fat: 9.35g (58.47%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 35.09g (12.76%), Sugar: 4.9g (5.44%), Cholesterol: 50.73mg (16.91%), Sodium: 48.93mg (2.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin C: 66.6mg (80.73%), Vitamin B6: 0.71mg (35.63%), Potassium: 1082.95mg (30.94%), Fiber: 5.64g (22.54%), Manganese: 0.43mg (21.52%), Phosphorus: 189.46mg (18.95%), Folate: 65.1µg (16.28%), Magnesium: 62.9mg (15.73%), Vitamin B2: 0.23mg (13.32%), Vitamin A: 664.55IU (13.29%), Vitamin B1: 0.2mg (13.28%), Copper: 0.26mg (12.84%), Vitamin K: 13.02µg (12.4%), Vitamin B3: 2.44mg (12.21%), Iron: 2.13mg (11.82%), Vitamin B5: 1.16mg (11.61%), Calcium: 110.24mg (11.02%), Zinc: 0.97mg (6.46%), Selenium: 3.47µg (4.96%), Vitamin E: 0.42mg (2.77%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.24µg (1.59%)