



## Gratin Dauphinois

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



499 kcal

SIDE DISH

### Ingredients

- 2 tablespoons chives chopped
- 1 clove garlic peeled halved
- 1 cup gruyere cheese grated
- 3 cups heavy cream
- 6 russet potatoes (with a knife) peeled cut into 1/2 slices (on mandoline or
- 8 servings salt and pepper freshly ground

### Equipment

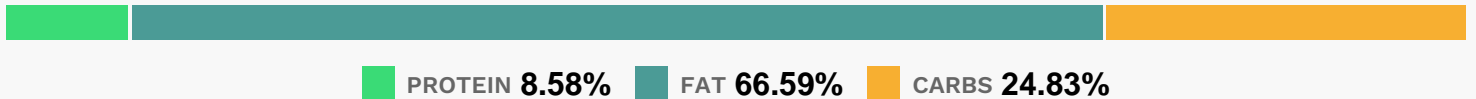
- baking sheet

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F.
- Bring 2 cups of the heavy cream to a simmer in a medium saucepan.
- Add the potatoes, salt and pepper and cook for 3 minutes.
- Rub the cut side of the garlic clove on the bottom and sides of an 8-inch casserole or baking dish.
- Add the potatoes and cream and top with the remaining cream and Gruyere cheese.
- Sprinkle chives over top, if using.
- Bake on a baking sheet until potatoes are tender and cheese is golden brown and bubbly, about 30 minutes.
- Remove from oven and let rest 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.97, Glycemic Load:22.75, Inflammation Score:-7, Nutrition Score:12.710434768511%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 498.58kcal (24.93%), Fat: 37.68g (57.98%), Saturated Fat: 23.69g (148.06%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 29.51g (10.73%), Sugar: 3.67g (4.08%), Cholesterol: 119mg (39.67%), Sodium: 343.77mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin B6: 0.6mg (30.07%), Vitamin A: 1502.67IU (30.05%), Calcium: 247.81mg (24.78%), Phosphorus: 240.46mg (24.05%), Potassium: 768.07mg (21.94%), Vitamin B2: 0.27mg (15.75%), Manganese: 0.26mg (13.2%), Vitamin C: 10.19mg (12.36%), Magnesium: 49.34mg (12.34%), Vitamin B1: 0.16mg (10.67%), Vitamin D: 1.53µg (10.18%), Copper: 0.18mg

(9.1%), Zinc: 1.33mg (8.87%), Vitamin B3: 1.74mg (8.68%), Fiber: 2.1g (8.41%), Iron: 1.51mg (8.4%), Selenium: 5.77µg (8.24%), Vitamin B5: 0.81mg (8.06%), Vitamin K: 7.78µg (7.41%), Folate: 28.38µg (7.1%), Vitamin B12: 0.41µg (6.78%), Vitamin E: 0.89mg (5.9%)