



Gratin Dauphinois (Scalloped Potatoes with Cheese)

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter melted
- ☐ 1 cup skim milk fat-free
- ☐ 1 garlic clove halved
- ☐ 2 ounces gruyere cheese shredded
- ☐ 6 potatoes – remove skin red peeled cut into 1/8-inch slices (2 pounds)
- ☐ 0.5 teaspoon salt

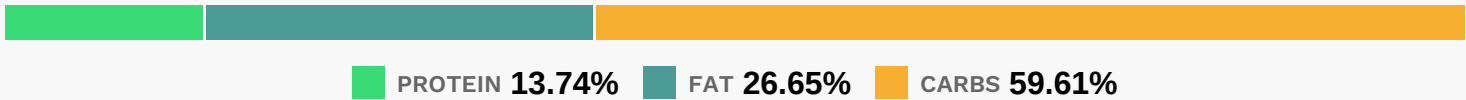
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Rub an 11 x 7-inch baking dish with cut sides of garlic halves; discard garlic. Coat dish with cooking spray.
- ☐ Arrange half of potatoes in dish, and drizzle with half of the butter.
- ☐ Sprinkle with half of salt and half of pepper, and top with half of cheese. Repeat the layers.
- ☐ Bring milk to a boil over low heat in a small saucepan; pour over potato mixture.
- ☐ Bake for 40 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:10.074347874393%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 202.56kcal (10.13%), Fat: 6.15g (9.46%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 27.81g (10.11%), Sugar: 4.16g (4.62%), Cholesterol: 18.56mg (6.19%), Sodium: 296.95mg (12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Potassium: 898.9mg (25.68%), Phosphorus: 199.49mg (19.95%), Vitamin C: 15.83mg (19.19%), Vitamin B6: 0.34mg (17.14%), Calcium: 148.26mg (14.83%), Manganese: 0.27mg (13.6%), Copper: 0.25mg (12.49%), Fiber: 3.12g (12.49%), Magnesium: 47.53mg (11.88%), Vitamin B1: 0.17mg (11.56%), Vitamin B3: 2.15mg (10.76%), Folate: 34.51µg (8.63%), Iron: 1.36mg (7.55%), Vitamin B2: 0.13mg (7.47%), Zinc: 1.09mg (7.24%), Vitamin B5: 0.69mg (6.87%), Vitamin B12: 0.34µg (5.66%), Vitamin K: 5.86µg (5.58%), Vitamin A: 261.16IU (5.22%), Selenium: 2.89µg (4.13%), Vitamin D: 0.43µg (2.89%)