



## Gratin Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



514 kcal

SIDE DISH

### Ingredients

- 3 large baking potatoes peeled thinly sliced
- 2 garlic cloves minced
- 1.5 teaspoons pepper
- 2 teaspoons salt
- 1 quart whipping cream

### Equipment

- oven
- baking pan

## Directions

- Layer potato slices in a buttered 13- x 9-inch baking dish. Stir together cream and remaining ingredients; pour mixture over potatoes.
- Bake at 400 for 50 minutes or until potatoes are tender and mixture is bubbly and golden.
- Let stand 15 minutes before serving.

## Nutrition Facts

**PROTEIN 4.87%** **FAT 73.21%** **CARBS 21.92%**

## Properties

Glycemic Index:18.34, Glycemic Load:19.78, Inflammation Score:-8, Nutrition Score:10.896956423055%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 513.58kcal (25.68%), Fat: 42.83g (65.89%), Saturated Fat: 27.25g (170.31%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 26.94g (9.8%), Sugar: 4.32g (4.8%), Cholesterol: 133.67mg (44.56%), Sodium: 620.43mg (26.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Vitamin A: 1742.43IU (34.85%), Vitamin B6: 0.53mg (26.46%), Potassium: 697.51mg (19.93%), Vitamin B2: 0.27mg (15.86%), Phosphorus: 146.46mg (14.65%), Manganese: 0.28mg (14.01%), Vitamin D: 1.89µg (12.62%), Vitamin C: 8.83mg (10.7%), Magnesium: 40.95mg (10.24%), Calcium: 99.44mg (9.94%), Vitamin B1: 0.14mg (9.27%), Copper: 0.16mg (8.16%), Fiber: 1.91g (7.64%), Vitamin B3: 1.52mg (7.59%), Iron: 1.36mg (7.57%), Vitamin E: 1.11mg (7.38%), Vitamin B5: 0.73mg (7.28%), Vitamin K: 6.9µg (6.57%), Folate: 24.19µg (6.05%), Selenium: 4.23µg (6.04%), Zinc: 0.7mg (4.67%), Vitamin B12: 0.19µg (3.15%)