



Gratin Potatoes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



581 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic smashed
- ☐ 0.8 cup heavy cream
- ☐ 9 servings grates nutmeg whole
- ☐ 0.3 cup parmesan grated
- ☐ 1 pound russet potatoes scrubbed
- ☐ 2 servings salt and pepper

Equipment

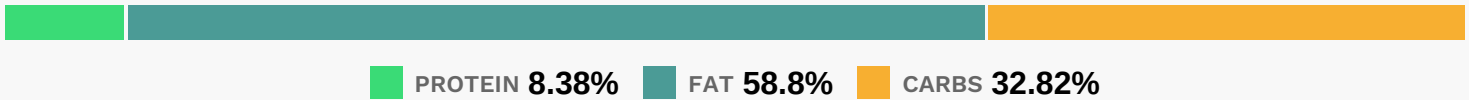
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Rub the bottom of a 8-inch non-stick saute pan with the clove of garlic.
- ☐ Pour 1/2 cup of heavy cream in the saute pan and place over high heat. Season the cream with a little nutmeg, salt and pepper. Slice the potato in 1/4-inch thick circles. As you slice, add them to the heating cream in even layers. Once all of the potatoes have been added to the bubbling cream, sprinkle the grated Parmesan over the potatoes, then pour the remaining heavy cream over the top.
- ☐ Place in the oven and bake for 20 minutes. Once baked and all brown on top, remove from the oven and let rest for 2 to 3 minutes.
- ☐ Cut in 4 pie shaped pieces and serve 2 wedges per person.

Nutrition Facts



Properties

Glycemic Index:105.88, Glycemic Load:34.28, Inflammation Score:-8, Nutrition Score:16.930869579315%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 581.1kcal (29.06%), Fat: 38.9g (59.85%), Saturated Fat: 24.97g (156.09%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 44g (16%), Sugar: 6.69g (7.43%), Cholesterol: 109.35mg (36.45%), Sodium: 431.17mg (18.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin B6: 0.86mg (42.9%), Manganese: 0.65mg (32.3%), Potassium: 1079.58mg (30.85%), Phosphorus: 284.72mg (28.47%), Vitamin A: 1421.18IU (28.42%), Calcium: 255.78mg (25.58%), Magnesium: 80.76mg (20.19%), Fiber: 4.85g (19.41%), Copper: 0.34mg (17.22%), Vitamin C: 14.2mg (17.21%), Vitamin B2: 0.29mg (17.11%), Vitamin B1: 0.24mg (16.19%), Iron: 2.44mg (13.57%), Vitamin B3: 2.57mg (12.83%), Folate: 43.08µg (10.77%), Vitamin D: 1.49µg (9.94%), Vitamin B5: 0.98mg (9.76%), Selenium: 6.75µg (9.65%), Zinc: 1.43mg (9.51%), Vitamin K: 7.18µg (6.83%), Vitamin E: 0.87mg (5.82%), Vitamin B12: 0.29µg (4.88%)