



Gruyere Potato Gratin

 Gluten Free

READY IN



115 min.

SERVINGS



15

CALORIES



166 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter softened
- 1 cup gruyère cheese shredded
- 0.8 cup heavy cream
- 2 large onions chopped
- 2.5 pounds potatoes peeled thinly sliced
- 15 servings salt and pepper to taste
- 0.3 cup water
- 0.8 cup white wine

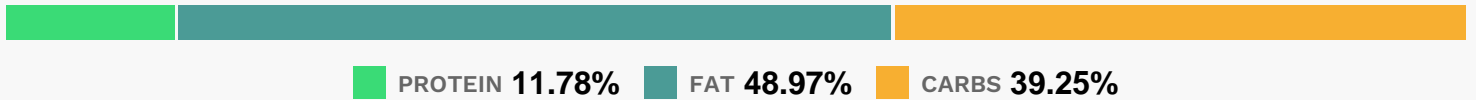
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish with the softened butter.
- Toss the potato slices and chopped onions with salt and pepper, and spread 1/3 of the mixture into the prepared baking dish.
- Sprinkle half of the Gruyere cheese over the potatoes, then add another layer of potatoes.
- Sprinkle on the remaining cheese followed by the remaining potatoes.
- Mix together the water and wine, and pour into dish. Cover the baking dish with aluminum foil.
- Bake in preheated oven until the potatoes are tender, about 1 hour 15 minutes. Once tender, remove the foil, and pour the cream evenly over the potatoes.
- Bake uncovered for an additional 15 minutes to brown the top and thicken the cream.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:10.13, Inflammation Score:-4, Nutrition Score:6.0769565571909%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 166.24kcal (8.31%), Fat: 8.74g (13.45%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 13.75g (5%), Sugar: 1.93g (2.15%), Cholesterol: 27.14mg (9.05%), Sodium: 278.04mg (12.09%), Alcohol: 1.24g (100%), Alcohol %: 1.15% (100%), Protein: 4.73g (9.46%), Vitamin C: 16.44mg (19.93%), Vitamin B6: 0.26mg (13.22%), Calcium: 112.21mg (11.22%), Phosphorus: 111.64mg (11.16%), Potassium: 374.91mg (10.71%), Fiber: 2g (8.01%), Manganese: 0.16mg (7.88%), Magnesium: 24.68mg (6.17%), Vitamin A: 306.91IU (6.14%), Vitamin B1: 0.08mg (5.2%), Copper: 0.09mg (4.75%), Vitamin B2: 0.08mg (4.64%), Folate: 17.43µg (4.36%), Zinc: 0.64mg (4.28%), Vitamin B3: 0.85mg (4.25%), Iron: 0.69mg (3.85%), Vitamin B5: 0.34mg (3.36%), Selenium: 1.99µg (2.84%), Vitamin B12: 0.16µg (2.72%), Vitamin K: 2.31µg (2.2%), Vitamin D: 0.24µg (1.62%), Vitamin E: 0.19mg (1.26%)