



WHATSheATE



Gruyère Potato Gratin



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 6 servings garnish: green onion thinly sliced
- ☐ 6 oz gruyère cheese shredded divided
- ☐ 1 cup milk
- ☐ 6 servings nutmeg to taste
- ☐ 6 servings salt and pepper
- ☐ 1 cup whipping cream
- ☐ 2 pounds yukon gold potatoes divided peeled sliced

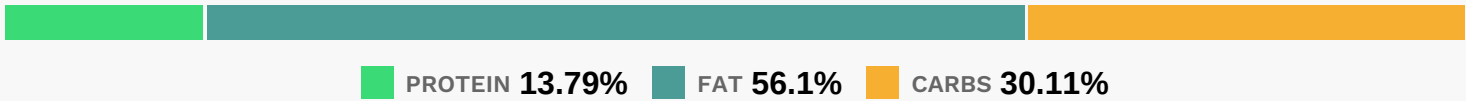
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Cook potatoes in a saucepan of boiling water for 4 minutes; drain. Arrange one-third of the potatoes in a greased 3-quart casserole dish; sprinkle with 1/2cup cheese, salt and pepper to taste. Repeat layers once; top with remaining potato slices. Set aside.
- ☐ Combine milk and cream in a heavy saucepan; heat just to boiling.
- ☐ Whisk in nutmeg; pour over potatoes.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake at 400 degrees for 30 minutes, or until golden and potatoes are tender.
- ☐ Garnish with green onion.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:20.55, Inflammation Score:-7, Nutrition Score:15.499565497689%

Flavonoids

Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 405.19kcal (20.26%), Fat: 25.65g (39.46%), Saturated Fat: 15.8g (98.74%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 27.07g (9.84%), Sugar: 5.11g (5.67%), Cholesterol: 80.89mg (26.96%), Sodium: 432.72mg (18.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.38%), Calcium: 388.79mg (38.88%), Vitamin C: 31.21mg (37.83%), Phosphorus: 328.26mg (32.83%), Vitamin B6: 0.51mg (25.73%), Potassium: 781.79mg (22.34%), Vitamin A: 982.62IU (19.65%), Vitamin K: 17.45µg (16.62%), Fiber: 3.9g (15.59%), Vitamin B2: 0.26mg (15.54%), Manganese: 0.31mg (15.31%), Magnesium: 57.5mg (14.38%), Zinc: 1.87mg (12.49%), Vitamin B12: 0.74µg (12.28%), Vitamin B1: 0.18mg (11.93%), Copper: 0.2mg (10.14%), Selenium: 6.6µg (9.42%), Vitamin B3: 1.75mg (8.75%), Vitamin B5: 0.86mg (8.64%), Folate: 33.97µg (8.49%), Vitamin D: 1.25µg (8.35%), Iron: 1.42mg (7.88%),

Vitamin E: 0.51mg (3.42%)