



Ham and Gruyère Potato Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 ounces gruyère cheese shredded divided
- ☐ 4 ounces less-sodium ham chopped reduced-fat
- ☐ 2.5 cups milk 1% low-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 pounds yukon gold potatoes cut into 1/8-inch-thick slices (6 1/2 cups)

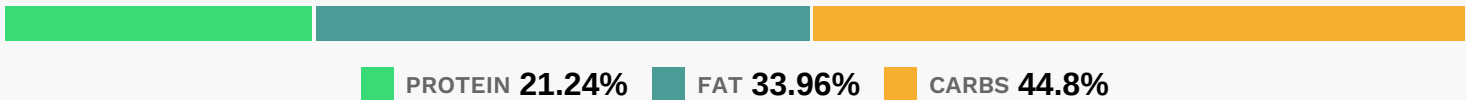
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients, stirring with a whisk; set aside.
- ☐ Heat butter in a medium saucepan over medium heat.
- ☐ Add onion; cook 3 minutes or until tender, stirring frequently. Stir in milk mixture; bring to a boil. Cook for 2 minutes, stirring constantly.
- ☐ Remove from heat; add 1/2 cup cheese, stirring until smooth.
- ☐ Arrange half of potatoes in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Pour half of sauce over potatoes; top evenly with ham. Top with remaining potatoes and remaining sauce; sprinkle evenly with remaining 1/2 cup cheese.
- ☐ Cover with foil coated with cooking spray.
- ☐ Bake at 350 for 40 minutes. Uncover and bake an additional 45 minutes or until potatoes are tender and the cheese is golden brown.
- ☐ Remove from oven; let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:15.76, Inflammation Score:-5, Nutrition Score:11.908260801564%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 232.12kcal (11.61%), Fat: 8.8g (13.55%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 23.39g (8.5%), Sugar: 5.02g (5.58%), Cholesterol: 30.76mg (10.25%), Sodium: 531.54mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Vitamin C: 23.08mg (27.98%), Phosphorus: 262.11mg (26.21%), Calcium: 254.26mg (25.43%), Vitamin B6: 0.46mg (22.87%), Potassium: 665.3mg (19.01%), Vitamin B1: 0.25mg (16.4%), Vitamin B2: 0.22mg (13.12%), Vitamin B12: 0.77µg (12.83%), Selenium: 7.87µg (11.24%), Manganese: 0.22mg (11.11%), Magnesium: 44.38mg (11.1%), Fiber: 2.75g (10.99%), Zinc: 1.56mg (10.41%), Vitamin B3: 2.05mg (10.25%), Vitamin B5: 0.77mg (7.7%), Copper: 0.15mg (7.4%), Folate: 26.85µg (6.71%), Vitamin D: 1µg (6.64%), Iron: 1.15mg (6.41%), Vitamin A: 313.32IU (6.27%), Vitamin K: 2.95µg (2.81%)