



Hasselback potato gratin



Vegetarian



Gluten Free



Low Fod Map

READY IN



100 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 1 kg potatoes such as maris piper
- ☐ 50 g butter melted for greasing
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp thyme leaves finely chopped
- ☐ 3 bay leaves

Equipment

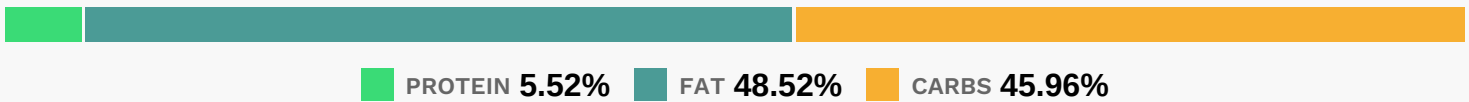
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Lightly grease a large oval baking dish. Using a mandolin or sharp knife, slice the potatoes into thin slices, about 3mm thick. Tip into a bowl and coat with the melted butter, oil, herbs and some seasoning.
- ☐ Tightly pack the potatoes upright into the dish. Wedge some bay leaves throughout and pour over the remaining butter mixture from the bowl over the top. Cover with foil and bake for 30 mins at 200C/180C fan/gas
- ☐ Remove the foil and cook for a further 45 mins at 220C/200C fan/gas 7, until the potatoes are cooked through.

Nutrition Facts



Properties

Glycemic Index:22.34, Glycemic Load:16.07, Inflammation Score:-9, Nutrition Score:7.3386957567671%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 189.36kcal (9.47%), Fat: 10.46g (16.1%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 19.29g (7.02%), Sugar: 0.98g (1.09%), Cholesterol: 13.44mg (4.48%), Sodium: 47.96mg (2.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin C: 27.44mg (33.27%), Vitamin B6: 0.38mg (18.78%), Potassium: 538.66mg (15.39%), Fiber: 3g (12.02%), Manganese: 0.22mg (11.22%), Magnesium: 31.72mg (7.93%), Phosphorus: 74.65mg (7.46%), Iron: 1.33mg (7.37%), Copper: 0.14mg (7.24%), Vitamin B3: 1.35mg (6.76%), Vitamin B1: 0.1mg (6.74%), Vitamin E: 0.91mg (6.09%), Vitamin K: 5.97µg (5.69%), Folate: 21.04µg (5.26%), Vitamin A: 244.15IU (4.88%), Vitamin B5: 0.38mg (3.84%), Vitamin B2: 0.05mg (2.97%), Zinc: 0.4mg (2.67%), Calcium: 23.95mg (2.4%)