



WHATSheATE



## Healthy Potato Gratin with Herbs



Vegetarian



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



30

CALORIES



31 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups chicken broth low-sodium
- ☐ 1.5 tablespoons olive oil extra-virgin plus more for the cake pan
- ☐ 30 servings pepper freshly ground
- ☐ 2 pounds potatoes red very thinly sliced (medium)
- ☐ 0.5 teaspoon rosemary chopped
- ☐ 30 servings salt
- ☐ 1 large shallots minced (large;)
- ☐ 1.5 teaspoons thyme leaves chopped

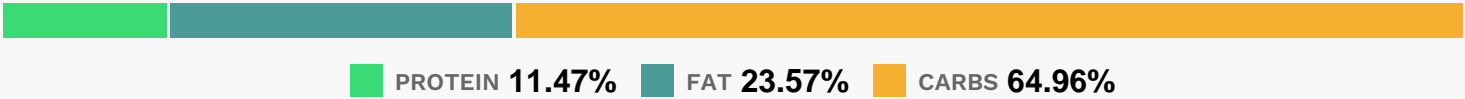
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ cake form
- ☐ aluminum foil
- ☐ broiler

## Directions

- ☐ Preheat the oven to 400 and oil an 8-inch round cake pan, preferably of dark metal. Line the bottom of the pan with parchment paper and oil the paper.
- ☐ In a medium saucepan, heat the 1 1/2 tablespoons of olive oil.
- ☐ Add the shallot and cook over moderate heat, stirring occasionally, until softened, about 3 minutes.
- ☐ Add the thyme and rosemary and cook for 1 minute.
- ☐ Add the chicken broth and bring to a boil. Cook over moderately high heat until reduced to 3/4 cup, about 10 minutes.
- ☐ Arrange an overlapping layer of potato slices in the cake pan. Season lightly with salt and pepper and spoon a small amount of the reduced broth on top. Repeat the layering with the remaining potatoes and reduced broth, seasoning each layer lightly.
- ☐ Pour any remaining broth on top. Cover the pan with a sheet of oiled parchment paper and then a sheet of foil.
- ☐ Bake the gratin in the center of the oven until the potatoes are very tender, about 1 hour.
- ☐ Remove the foil and paper and bake until the top is dry, about 10 minutes longer.
- ☐ Turn the broiler on.
- ☐ Remove the gratin from the oven and let rest for 5 minutes. Invert the gratin onto a heatproof plate. Carefully remove the parchment round. Broil the gratin 6 inches from the heat until the surface is lightly browned, about 2 minutes.
- ☐ Cut into wedges and serve.

# Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.5773912882027%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 30.83kcal (1.54%), Fat: 0.84g (1.3%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 204.1mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Potassium: 155.9mg (4.45%), Vitamin C: 2.83mg (3.43%), Manganese: 0.06mg (3%), Vitamin B3: 0.57mg (2.84%), Vitamin B6: 0.06mg (2.83%), Copper: 0.05mg (2.57%), Phosphorus: 23.93mg (2.39%), Fiber: 0.58g (2.32%), Magnesium: 7.32mg (1.83%), Vitamin B1: 0.03mg (1.68%), Iron: 0.3mg (1.65%), Folate: 5.79µg (1.45%), Vitamin K: 1.47µg (1.4%)