



Horseradish potato Dauphinoise



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



501 kcal

SIDE DISH

Ingredients

- ☐ 300 ml double cream
- ☐ 300 ml milk
- ☐ 2 garlic clove crushed
- ☐ 2 tbsp horseradish hot
- ☐ 1 kg potatoes very thinly sliced

Equipment

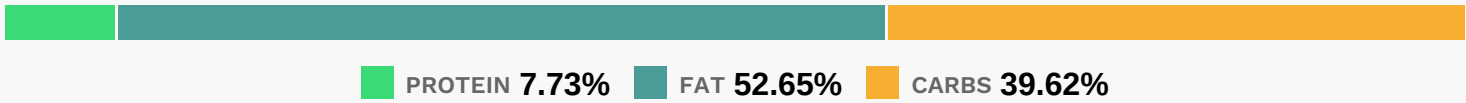
- ☐ sauce pan
- ☐ oven

☐ muffin tray

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Tip cream, milk, garlic and horseradish into a large saucepan, season, then bring to the boil. Reduce the heat, add the potatoes, stir to stop them sticking together, then cook for 10 mins until tender.
- ☐ Pour the potatoes and horseradish cream into an ovenproof dish. You can do this up to a day ahead. Cover, store in the fridge, then bring back to room temp an hour before you want to bake.
- ☐ Bake for the 30 mins at 190C/ 170C fan/ gas 5, (if you're cooking Roast beef & carrots with easy gravy, you can pop it on the shelf below the beef for the last 30 minutes of the beef's cooking time); then increase the temp to 220C/200C fan/ gas 7 and cook for another 30–35 mins. (
- ☐ Add the muffin tin for the Yorkshires when you turn the oven up.)

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:33.69, Inflammation Score:-8, Nutrition Score:18.496956721596%

Flavonoids

Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 501.27kcal (25.06%), Fat: 30g (46.15%), Saturated Fat: 18.86g (117.9%), Carbohydrates: 50.77g (16.92%), Net Carbohydrates: 44.99g (16.36%), Sugar: 8.49g (9.43%), Cholesterol: 94.54mg (31.51%), Sodium: 96.52mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Vitamin C: 52.04mg (63.08%), Vitamin B6: 0.84mg (41.76%), Potassium: 1264.66mg (36.13%), Phosphorus: 269mg (26.9%), Vitamin A: 1239.67IU (24.79%), Fiber: 5.78g (23.12%), Manganese: 0.42mg (21.04%), Vitamin B2: 0.33mg (19.53%), Magnesium: 74.46mg (18.62%), Calcium: 181.85mg (18.19%), Vitamin B1: 0.26mg (17.47%), Copper: 0.29mg (14.4%), Vitamin B3: 2.8mg (14.02%), Vitamin D: 2.06µg (13.72%), Vitamin B5: 1.24mg (12.37%), Folate: 47.34µg (11.83%), Iron: 2.08mg (11.57%), Vitamin B12: 0.54µg (8.97%), Zinc: 1.3mg (8.69%), Vitamin K: 7.52µg (7.16%), Selenium: 4.91µg (7.01%), Vitamin E: 0.76mg (5.06%)