

## Jabron potatoes

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

### Ingredients

- ☐ 1.3 kg potatoes red (Cosmos or Desirée)
- ☐ 85 g butter unsalted
- ☐ 3 garlic clove
- ☐ 150 ml milk
- ☐ 142 ml double cream
- ☐ 50 g gruyere cheese grated

### Equipment

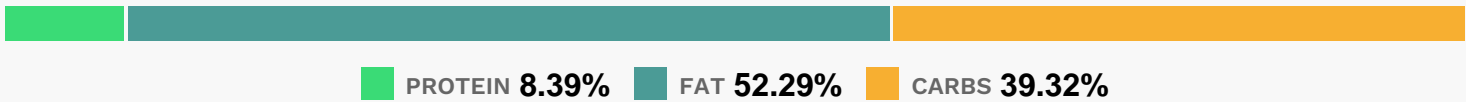
- ☐ frying pan

☐ oven

## Directions

- ☐ Preheat the oven to 180C/160C fan/gas
- ☐ Boil the whole potatoes in a large pan for about 15–20 minutes until they are cooked the timing will depend on their size.
- ☐ Drain and leave to cool, then peel off the skins and cut the potatoes into 5mm thick slices.
- ☐ Put the butter and garlic in the pan the potatoes were boiled in, season and melt over a low heat.
- ☐ Add the potato slices and toss until just coated but dont let them fry. (You can prepare up to this stage the day before and keep covered in a cool place.)
- ☐ Spread the potatoes out in a deep 28cm x 22cm ovenproof dish and pour on the milk and cream.
- ☐ Sprinkle the cheese on top and bake for 30 minutes until golden and the potatoes are just beginning to crisp.

## Nutrition Facts



## Properties

Glycemic Index:25.29, Glycemic Load:28.31, Inflammation Score:-7, Nutrition Score:14.426087109939%

## Flavonoids

Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 401.48kcal (20.07%), Fat: 23.8g (36.62%), Saturated Fat: 14.87g (92.91%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 35.47g (12.9%), Sugar: 3.68g (4.09%), Cholesterol: 69.62mg (23.21%), Sodium: 90.54mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin C: 43.29mg (52.48%), Vitamin B6: 0.69mg (34.45%), Potassium: 989.62mg (28.27%), Phosphorus: 219.46mg (21.95%), Fiber: 4.8g (19.19%), Manganese: 0.36mg (17.99%), Vitamin A: 829.24IU (16.58%), Calcium: 163.71mg (16.37%), Magnesium: 58.25mg (14.56%), Vitamin B1: 0.2mg (13.42%), Copper: 0.25mg (12.31%), Vitamin B3: 2.35mg (11.76%), Vitamin B2: 0.18mg (10.55%), Iron: 1.76mg (9.76%), Folate: 36.92µg (9.23%), Vitamin B5: 0.87mg (8.7%), Zinc: 1.15mg (7.64%),

Vitamin D: 0.93µg (6.18%), Vitamin K: 6.2µg (5.9%), Vitamin B12: 0.33µg (5.58%), Selenium: 3.42µg (4.88%), Vitamin E: 0.61mg (4.05%)