



Lean Potatoes Gratin Â



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup fontina shredded
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon pepper
- ☐ 3 cups vegetable broth

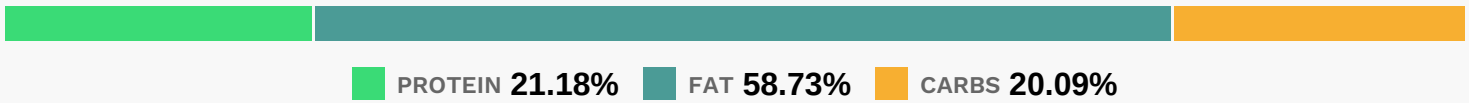
Equipment

- ☐ oven

Directions

- ☐ Peel potatoes and cut into 1/8- to 1/4-inch-thick slices.
- ☐ Put the slices in a casserole (11- to 12-cup size, about 10 in. wide and 2 in. deep); shake to settle the potatoes down into the container.
- ☐ Mix the broth, ground nutmeg, and pepper.
- ☐ Pour the mixture over potatoes.
- ☐ Bake in a 425 oven until potatoes are very tender when pierced, 1 hour to 1 hour and 15 minutes. As potatoes get dry on top, tilt casserole and spoon up some of the broth to baste them.
- ☐ Sprinkle potatoes evenly with cheese.
- ☐ Bake until it melts, about 3 minutes.
- ☐ Let casserole sit 5 to 10 minutes for most of the remaining juices to soak into potatoes, then serve.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:1.046086937594%

Nutrients (% of daily need)

Calories: 35.69kcal (1.78%), Fat: 2.35g (3.61%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.16g (1.29%), Cholesterol: 8.51mg (2.84%), Sodium: 528.73mg (22.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin A: 318.31IU (6.37%), Calcium: 41.38mg (4.14%), Phosphorus: 25.99mg (2.6%), Vitamin B12: 0.12µg (2.05%), Zinc: 0.26mg (1.75%), Selenium: 1.07µg (1.53%), Manganese: 0.03mg (1.36%)