



Leek-and-Potato Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes cut into 1/4-inch-thick slices
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 garlic clove minced
- ☐ 4 cups leek thinly sliced (4 large)
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 tablespoon olive oil
- ☐ 3 ounces parmesan cheese fresh grated
- ☐ 1 Dash pepper black

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0.3 teaspoon salt

Equipment

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frying pan

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oven

☐

baking pan

Directions

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Preheat oven to 42

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Arrange half of the potato slices in an 11 x 7-inch baking dish coated with cooking spray.

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Heat oil in a large nonstick skillet over medium-high heat.

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Add leek; saut 10 minutes or until lightly browned. Stir in garlic, salt, and pepper. Spoon half of leek mixture over potato slices; top with half of tomatoes and half of cheese. Repeat layers with remaining potatoes, leek mixture, tomatoes, and cheese.

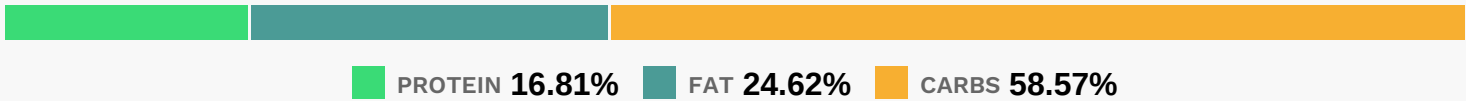
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Bring milk to a boil over low heat in a skillet; pour over potato mixture. Cover and bake at 425 for 30 minutes or until potatoes are tender. Uncover; bake an additional 15 minutes or until golden brown.

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Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:20.05, Inflammation Score:-8, Nutrition Score:16.374348023663%

Flavonoids

Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 233.14kcal (11.66%), Fat: 6.65g (10.22%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 31.71g (11.53%), Sugar: 7.13g (7.92%), Cholesterol: 10.62mg (3.54%), Sodium: 439.75mg (19.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.41%), Vitamin K: 35.26µg (33.58%), Vitamin B6: 0.66mg (33.16%), Manganese: 0.6mg (30.15%), Calcium: 266.71mg (26.67%), Vitamin A: 1286.91IU (25.74%), Vitamin C: 20.04mg (24.29%), Potassium: 826.99mg (23.63%), Phosphorus: 224.48mg (22.45%), Iron: 3.25mg (18.07%), Magnesium: 65.15mg (16.29%), Folate: 64.16µg (16.04%), Copper: 0.32mg (16%), Fiber: 3.86g (15.43%), Vitamin B1: 0.2mg (13.18%), Vitamin E: 1.79mg (11.9%), Vitamin B3: 2.31mg (11.56%), Vitamin B2: 0.17mg (9.77%), Vitamin B5: 0.75mg (7.53%), Selenium: 5.13µg (7.33%), Zinc: 1.07mg (7.1%), Vitamin B12: 0.29µg (4.83%), Vitamin D: 0.29µg (1.91%)