



Light Scalloped Potatoes With Roasted Chiles

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- 1 medium poblano chile pepper halved seeded
- 2 teaspoons thyme leaves fresh chopped
- 2 cloves garlic thinly sliced
- 6 servings kosher salt and pepper freshly ground
- 2.5 cups chicken broth low-sodium
- 0.5 small onion thinly sliced
- 0.3 cup parmesan cheese grated
- 2 tablespoons butter unsalted plus more for the baking dish

- 2 pounds yukon gold potatoes peeled sliced

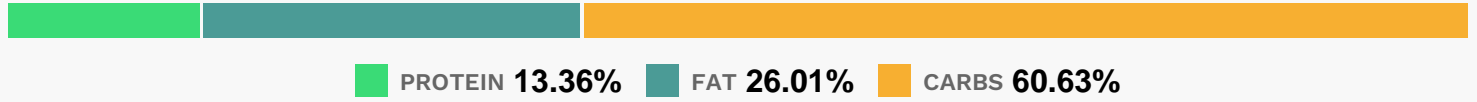
Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- baking pan
- broiler

Directions

- Preheat the broiler.
- Put the poblano cut-side down on a baking sheet and broil until the skin is browned in spots, about 5 minutes.
- Transfer to a bowl, cover with plastic wrap and let cool 5 minutes. Peel the skin off the poblano under cold running water, then chop into small pieces.
- Preheat the oven to 400 degrees F. Lightly butter a 2-quart baking dish.
- Heat 2 tablespoons butter in a large skillet over medium-high heat.
- Add the onion, garlic and thyme and cook, stirring frequently, until the onion is soft, about 5 minutes.
- Add the potatoes, chicken broth, 1 1/2 teaspoons salt, and pepper to taste and bring to a boil. Reduce the heat to medium and cook, stirring gently, until the potatoes are tender, 10 to 12 minutes.
- Arrange half of the potato-broth mixture in the prepared baking dish in an even layer.
- Sprinkle with half each of the roasted poblano and parmesan. Repeat with the remaining potato-broth mixture, poblano and parmesan.
- Bake until bubbly and slightly golden, about 35 minutes.
- Let stand 15 minutes before serving. Thin some crema or sour cream with water and serve alongside for topping.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:19.64, Inflammation Score:-7, Nutrition Score:11.09652181812%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 191.62kcal (9.58%), Fat: 5.73g (8.82%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 26.2g (9.53%), Sugar: 2.05g (2.27%), Cholesterol: 13.66mg (4.55%), Sodium: 306.85mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin C: 47.54mg (57.63%), Vitamin B6: 0.53mg (26.28%), Potassium: 781.23mg (22.32%), Fiber: 3.88g (15.51%), Vitamin B3: 3.07mg (15.34%), Phosphorus: 151.11mg (15.11%), Manganese: 0.3mg (14.77%), Copper: 0.24mg (11.9%), Magnesium: 41.2mg (10.3%), Vitamin B1: 0.14mg (9.24%), Iron: 1.62mg (9%), Folate: 28µg (7%), Calcium: 67.99mg (6.8%), Vitamin B2: 0.11mg (6.19%), Vitamin A: 260.95IU (5.22%), Zinc: 0.78mg (5.21%), Vitamin B5: 0.5mg (5.02%), Vitamin K: 4.78µg (4.55%), Selenium: 2.13µg (3.04%), Vitamin B12: 0.16µg (2.71%), Vitamin E: 0.22mg (1.47%)