



Lightened Potato-Caramelized Onion Gratin

READY IN



57 min.

SERVINGS



8

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled thinly sliced
- ☐ 1.3 cups breadcrumbs fresh soft
- ☐ 1.5 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 8 oz six-cheese blend shredded italian
- ☐ 1.5 teaspoons penzey's southwest seasoning dried italian

- ☐ 2 teaspoons lemon zest
- ☐ 3.5 cups milk 1% low-fat
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1.8 teaspoons salt
- ☐ 2 large onions sweet halved thinly sliced

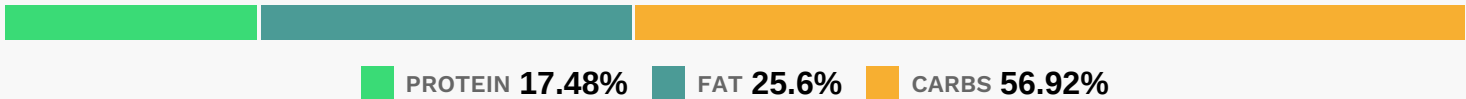
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Melt butter in a Dutch oven over medium-high heat; add onion, and cook, stirring often, 15 minutes or until onions are caramel colored; add garlic, and cook 1 minute.
- ☐ Stir in flour, and cook, stirring constantly, 1 minute. Gradually whisk in milk and next 3 ingredients. Cook, whisking often, 8 to 9 minutes or until mixture thickens.
- ☐ Remove from heat; whisk in cheese until melted and smooth.
- ☐ Layer half of potatoes in a lightly greased 13- x 9-inch baking dish; pour 2 cups sauce over potatoes in dish. Repeat layers once.
- ☐ Bake, uncovered, at 375 for 1 hour and 10 minutes or until golden brown and potatoes are fork tender, topping with breadcrumb mixture during last 15 minutes of baking.
- ☐ Remove from oven, and let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:38.59, Glycemic Load:26.46, Inflammation Score:-7, Nutrition Score:18.377826296765%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 407.53kcal (20.38%), Fat: 11.9g (18.31%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 59.54g (19.85%), Net Carbohydrates: 55.42g (20.15%), Sugar: 11.46g (12.73%), Cholesterol: 18.11mg (6.04%), Sodium: 792.62mg (34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.57%), Vitamin B6: 0.8mg (40.06%), Vitamin K: 37.88µg (36.08%), Potassium: 1034.44mg (29.56%), Vitamin B1: 0.43mg (28.78%), Calcium: 285.77mg (28.58%), Manganese: 0.56mg (27.94%), Phosphorus: 270.34mg (27.03%), Vitamin C: 17.19mg (20.84%), Vitamin B2: 0.32mg (18.68%), Folate: 74.18µg (18.54%), Magnesium: 70.15mg (17.54%), Vitamin B3: 3.39mg (16.97%), Fiber: 4.13g (16.51%), Iron: 2.97mg (16.49%), Copper: 0.28mg (14.07%), Selenium: 9.71µg (13.87%), Vitamin B12: 0.72µg (11.98%), Vitamin B5: 1.1mg (11.04%), Zinc: 1.45mg (9.65%), Vitamin A: 464.4IU (9.29%), Vitamin D: 1.15µg (7.63%), Vitamin E: 0.23mg (1.56%)