



Mary Cadogan's tartiflette



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g potatoes
- ☐ 1 onion
- ☐ 6 rashers back bacon smoked
- ☐ 250 g pont l'évêque cheese
- ☐ 142 ml single cream

Equipment

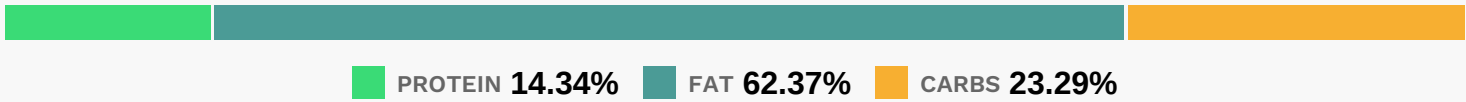
- ☐ frying pan
- ☐ oven

☐ kitchen scissors

Directions

- ☐ Preheat the oven to 220C/Gas 7/fan oven 200C. Peel and thickly slice the potatoes, then boil in salted water for 8-10 minutes, until just tender.
- ☐ Drain.
- ☐ Chop onion finely and fry in 25g/1oz butter and a drizzle of olive oil for 5 minutes. Snip bacon into pieces with scissors and add to the pan; stir well and cook for a further 5 minutes, until the onion and bacon are lightly coloured.
- ☐ Chop cheese into chunks, rind and all.
- ☐ Layer half the potatoes in a 1.5 litre/2 pint buttered ovenproof dish and scatter over half the onion, bacon and cheese. Lightly season with salt and pepper. Repeat layers, then pour cream evenly over the top and bake for 10-12 minutes until golden. Rest for 5 minutes and then serve with a salad.

Nutrition Facts



Properties

Glycemic Index:34.44, Glycemic Load:24.96, Inflammation Score:-7, Nutrition Score:20.756086847057%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 652.7kcal (32.64%), Fat: 45.63g (70.2%), Saturated Fat: 23.38g (146.14%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 33.74g (12.27%), Sugar: 2.87g (3.19%), Cholesterol: 124.09mg (41.36%), Sodium: 651.75mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.19%), Calcium: 497.09mg (49.71%), Vitamin C: 39.19mg (47.5%), Phosphorus: 470.5mg (47.05%), Vitamin B6: 0.73mg (36.35%), Selenium: 25.2µg (36%), Potassium: 977.78mg (27.94%), Vitamin B2: 0.41mg (24.39%), Zinc: 3.36mg (22.42%), Vitamin A: 1006.04IU (20.12%), Vitamin B1: 0.28mg (18.7%), Fiber: 4.59g (18.37%), Magnesium: 69.22mg (17.31%), Vitamin B3: 3.38mg (16.91%), Manganese: 0.33mg (16.63%), Vitamin B12: 0.9µg (14.99%), Copper: 0.25mg (12.51%), Folate: 49.78µg (12.45%), Vitamin B5: 1.12mg (11.23%), Iron: 1.77mg (9.81%), Vitamin E: 0.95mg (6.34%), Vitamin K: 6.14µg

(5.85%), Vitamin D: 0.72µg (4.81%)