



Mashed Potato and Cauliflower Gratin

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pound cauliflower cut into 1 1/2-inch pieces, including stems and core
- ☐ 1 cup fontina italian packed grated
- ☐ 3 garlic clove peeled smashed
- ☐ 0.8 cup parmesan divided grated
- ☐ 2 pounds baking potatoes peeled cut into 1-inch pieces (baking)
- ☐ 8 servings salt
- ☐ 8 tablespoons butter unsalted divided

☐ 1.3 cups milk whole divided

Equipment

☐ food processor

☐ bowl

☐ sauce pan

☐ oven

☐ pot

☐ sieve

☐ baking pan

☐ potato masher

☐ broiler

☐ colander

Directions

☐ Put potatoes and 2 teaspoons salt in a large heavy saucepan and generously cover with cold water (about 2 1/2 quarts). Bring to a boil, then reduce heat, and simmer, partially covered, until potatoes are tender, 15 to 20 minutes.

☐ While potatoes are boiling, heat 3/4 cup milk and 3 tablespoons butter in a small saucepan until butter is melted and milk is hot but not boiling. Keep warm off heat, covered.

☐ Drain potatoes well in a sieve or colander and return to hot saucepan.

☐ Add milk mixture, Fontina, and pepper, and mash with a potato masher or fork to desired consistency. Season with salt and keep warm, covered.

☐ Bring a pot of well-salted water to a boil, then add cauliflower and garlic and simmer until cauliflower is very tender, 13 to 15 minutes.

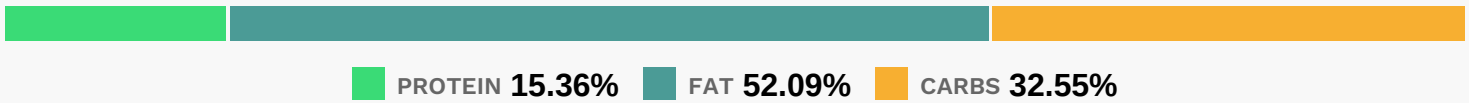
☐ Drain cauliflower in a colander and pulse with remaining 1/2 cup milk, 1/2 cup Parmigiano-Reggiano, and 3 tablespoons butter in a food processor until it's a chunky purée.

☐ Stir together mashed potatoes and cauliflower mixture in a large bowl and season with salt and pepper.

☐ Transfer to a buttered 3-quart flameproof shallow baking dish (not glass).

- ☐ Heat oven to 425°F with rack in middle. Melt remaining 2 tablespoons butter and gently brush over potato–cauliflower mixture, then sprinkle evenly with remaining 1/4 to 1/2 cup Parmigiano–Reggiano (to taste).
- ☐ Bake until potato mixture bubbles around edges, about 20 minutes.
- ☐ Turn on broiler and broil 6 to 8 inches from heat until topping is browned in spots, 1 to 2 minutes.
- ☐ •Potato and cauliflower mixture, without final melted butter and cheese topping, can be made 2 days ahead and chilled, covered. Bring to room temperature, then bake and broil with topping. •Recipe can be halved and baked in a 2–quart flameproof shallow baking dish.

Nutrition Facts



Properties

Glycemic Index:33.84, Glycemic Load:18.13, Inflammation Score:-7, Nutrition Score:17.304782701575%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 343.96kcal (17.2%), Fat: 20.54g (31.61%), Saturated Fat: 12.79g (79.91%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 25.1g (9.13%), Sugar: 5.05g (5.62%), Cholesterol: 60.19mg (20.06%), Sodium: 531.9mg (23.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.25%), Vitamin C: 61.47mg (74.51%), Vitamin B6: 0.66mg (33%), Calcium: 294.13mg (29.41%), Phosphorus: 278.1mg (27.81%), Potassium: 897.04mg (25.63%), Folate: 82.62µg (20.66%), Vitamin K: 21.42µg (20.4%), Manganese: 0.39mg (19.37%), Fiber: 3.78g (15.13%), Vitamin B5: 1.38mg (13.76%), Magnesium: 54.77mg (13.69%), Vitamin B2: 0.23mg (13.47%), Vitamin A: 637.06IU (12.74%), Vitamin B1: 0.18mg (12.08%), Zinc: 1.65mg (11.02%), Vitamin B12: 0.62µg (10.32%), Selenium: 6.66µg (9.52%), Vitamin B3: 1.85mg (9.27%), Iron: 1.6mg (8.87%), Copper: 0.18mg (8.76%), Vitamin D: 0.78µg (5.17%), Vitamin E: 0.51mg (3.42%)