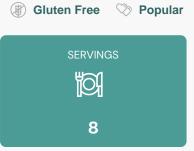


Mashed Potato and Cauliflower Gratin







SIDE DISH

Ingredients

O.3 teaspoon pepper black freshly ground
2 pound cauliflower cut into 11/2-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		
Εq	uipment		
	food processor		
	bowl		
	sauce pan		
	oven		
	pot		
	sieve		
	baking pan		
	potato masher		
	broiler		
	colander		
Di	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

PROTEIN 15.36% FAT 52.09% CARBS 32.55%

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, Kaempfe

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: 0g (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%)