



Mashed Potato Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



174 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons butter
- 4 ounces fontina shredded divided
- 3 ounces gruyère cheese shredded divided
- 1 cup warm milk 1% low-fat (100° to 110°)
- 1 teaspoon salt
- 4 pounds yukon gold potatoes peeled cut into 2-inch chunks

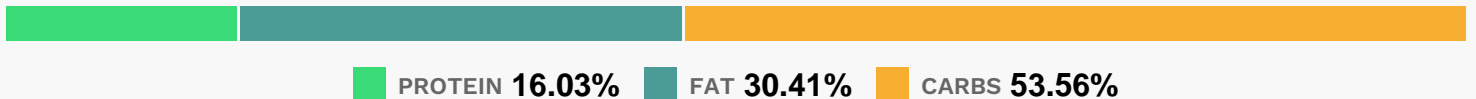
Equipment

- frying pan
- oven
- baking pan
- potato masher
- aluminum foil
- broiler
- dutch oven

Directions

- Preheat oven to 400
- Place potatoes in a large Dutch oven. Cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return potatoes to pan.
- Add 3/4 cup fontina cheese, 1/2 cup Gruyere cheese, butter, salt, and freshly ground black pepper to pan; mash with a fork or potato masher until well combined.
- Add warm milk to pan; continue mashing potato mixture until desired consistency. Spoon into a 13 x 9-inch baking dish coated with cooking spray; sprinkle evenly with remaining 1/4 cup fontina cheese and remaining 1/4 cup Gruyere cheese. Cover with aluminum foil lightly sprayed with cooking spray.
- Bake at 400 for 20 minutes.
- Remove from oven; remove and discard foil.
- Preheat broiler.
- Broil gratin 5 minutes or until cheese is brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:13.77, Glycemic Load:16.61, Inflammation Score:-4, Nutrition Score:8.625217370365%

Flavonoids

Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 174.48kcal (8.72%), Fat: 5.98g (9.19%), Saturated Fat: 3.6g (22.53%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 20.83g (7.57%), Sugar: 2g (2.22%), Cholesterol: 20.15mg (6.72%), Sodium: 298.28mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin C: 25.53mg (30.95%), Vitamin B6: 0.4mg (20.21%), Potassium: 583.38mg (16.67%), Phosphorus: 156.43mg (15.64%), Calcium: 143.32mg (14.33%), Fiber: 2.86g (11.44%), Manganese: 0.21mg (10.3%), Magnesium: 35.25mg (8.81%), Vitamin B1: 0.12mg (7.92%), Copper: 0.14mg (7.24%), Vitamin B3: 1.4mg (7.02%), Zinc: 0.97mg (6.47%), Vitamin B2: 0.1mg (5.83%), Iron: 1.04mg (5.81%), Vitamin B12: 0.34µg (5.64%), Folate: 22.22µg (5.55%), Vitamin B5: 0.52mg (5.16%), Vitamin A: 204.85IU (4.1%), Selenium: 2.82µg (4.02%), Vitamin K: 3.02µg (2.87%), Vitamin D: 0.27µg (1.8%)