



Mashed Potato Gratin

READY IN



45 min.

SERVINGS



9

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups chicken broth progresso®
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 cup style panko bread crumbs crispy italian progresso®
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 large russet potatoes diced peeled
- ☐ 1 teaspoon salt
- ☐ 9 servings salt and pepper to taste
- ☐ 0.3 cup butter unsalted

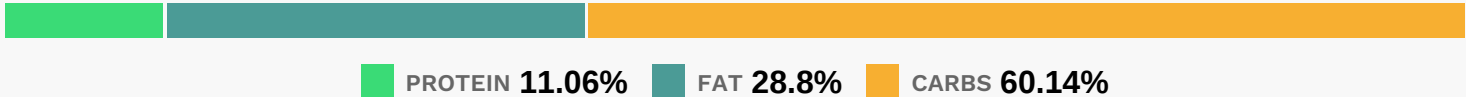
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ colander

Directions

- ☐ Heat oven to 375 degrees F. Lightly butter 2-quart casserole.
- ☐ Pour broth into 2-quart saucepan.
- ☐ Add potatoes; stir in 1 teaspoon salt.
- ☐ Heat to boiling. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until potatoes are tender.
- ☐ Place colander over medium bowl; drain potatoes, reserving broth.
- ☐ Rinse and dry saucepan. Cook 2 tablespoons of the butter and the garlic in saucepan over low heat 2 minutes, stirring occasionally.
- ☐ Return potatoes to saucepan with butter and garlic; mash with potato masher.
- ☐ Add 1 cup of the reserved broth to potatoes; mix until smooth. Stir in remaining 2 tablespoons butter and 1/4 cup of the cheese. Adjust seasoning to taste with salt and pepper.
- ☐ Spoon potato mixture into casserole. Top with remaining 1/4 cup cheese and the bread crumbs.
- ☐ Bake about 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:23.43, Inflammation Score:-4, Nutrition Score:8.9460869120515%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.23kcal (10.86%), Fat: 7.12g (10.96%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 31.15g (11.33%), Sugar: 1.53g (1.69%), Cholesterol: 19.7mg (6.57%), Sodium: 825.1mg (35.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.31%), Vitamin B6: 0.59mg (29.55%), Potassium: 719.34mg (20.55%), Manganese: 0.35mg (17.33%), Phosphorus: 137.09mg (13.71%), Vitamin B1: 0.18mg (12.33%), Vitamin C: 9.76mg (11.84%), Magnesium: 42.22mg (10.56%), Vitamin B3: 2.08mg (10.39%), Copper: 0.19mg (9.74%), Iron: 1.67mg (9.28%), Fiber: 2.31g (9.24%), Calcium: 83.35mg (8.33%), Vitamin B2: 0.13mg (7.58%), Folate: 27.09µg (6.77%), Selenium: 3.96µg (5.65%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.55mg (5.51%), Vitamin A: 208.7IU (4.17%), Vitamin K: 3.73µg (3.55%), Vitamin B12: 0.11µg (1.84%), Vitamin E: 0.22mg (1.47%)