



Mashed Potato Gratin

READY IN



70 min.

SERVINGS



9

CALORIES



157 kcal

SIDE DISH

Ingredients

- 1 serving butter unsalted for greasing casserole
- 2.5 cups chicken broth (from 32-oz carton)
- 5 cups baking potatoes peeled finely chopped
- 1 teaspoon salt
- 0.3 cup butter unsalted
- 4 cloves garlic finely chopped
- 0.5 cup parmesan cheese grated
- 1 serving salt and pepper to taste
- 0.5 cup panko bread crumbs crispy italian

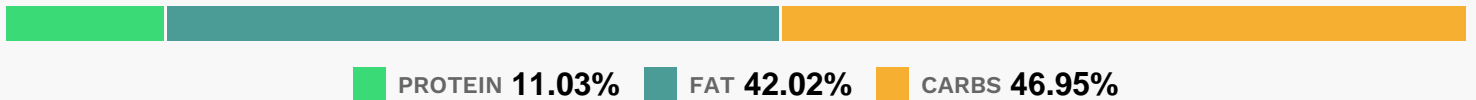
Equipment

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

Directions

- Heat oven to 375°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. In saucepan, cook 2 tablespoons of the butter and the garlic 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:11.97, Inflammation Score:-3, Nutrition Score:5.6365217229594%

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: 157.49kcal (7.87%), Fat: 7.51g (11.55%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 17.62g (6.41%), Sugar: 1.03g (1.14%), Cholesterol: 20.89mg (6.96%), Sodium: 648.87mg (28.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin B6: 0.31mg (15.64%), Manganese: 0.22mg (10.98%), Potassium: 383.06mg (10.94%), Phosphorus: 92.85mg (9.29%), Vitamin B1: 0.12mg (7.92%), Calcium: 72.89mg (7.29%), Vitamin C: 5.17mg (6.26%), Vitamin B3: 1.24mg (6.22%), Vitamin B2: 0.1mg (6.02%), Magnesium: 23.67mg (5.92%), Copper: 0.11mg (5.58%), Iron: 0.97mg (5.42%), Selenium: 3.64µg (5.2%), Fiber: 1.26g (5.05%), Vitamin A: 221.77IU (4.44%), Zinc: 0.6mg (3.99%), Folate: 15.81µg (3.95%), Vitamin B5: 0.31mg (3.09%), Vitamin K: 2.32µg (2.21%), Vitamin B12: 0.11µg (1.86%), Vitamin E: 0.23mg (1.5%)