



Mashed Potato Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled cut into 1-inch chunks
- ☐ 8 servings bell pepper black
- ☐ 0.3 cup chives fresh snipped
- ☐ 2 cloves garlic peeled
- ☐ 0.5 cup heavy cream at room temperature
- ☐ 8 servings kosher salt
- ☐ 1 oz parmesan finely grated
- ☐ 4 tablespoons butter unsalted at room temperature

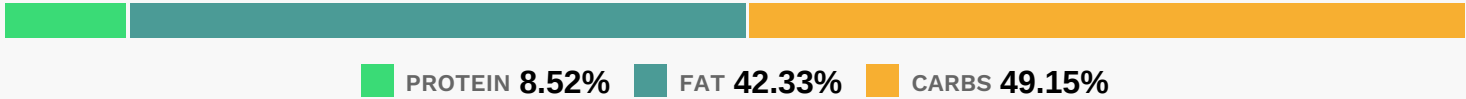
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ In a large saucepan, cover potatoes and garlic with cool water. Season with salt and bring water to a boil over high heat. Reduce heat to low, cover saucepan and simmer until potatoes are tender when pierced with a fork, about 15 minutes.
- ☐ Drain potatoes and garlic and return to pot.
- ☐ Heat over high heat, shaking pan, until any liquid has evaporated, about 30 seconds. Mash potatoes and garlic until smooth.
- ☐ Add cream, chives and butter; season with salt and pepper.
- ☐ Transfer potato mixture to a shallow 2-quart flameproof baking dish. (The gratin can be prepared to this point up to 5 hours ahead. Cover and keep at room temperature.)
- ☐ Preheat broiler.
- ☐ Sprinkle potatoes with Parmesan. Broil gratin 2 inches from heat, rotating pan if necessary, until golden, crusty and heated through, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:27.34, Glycemic Load:24.3, Inflammation Score:-5, Nutrition Score:8.8869565984477%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 250.78kcal (12.54%), Fat: 12.12g (18.64%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 29.36g (10.68%), Sugar: 1.55g (1.73%), Cholesterol: 34.27mg (11.42%), Sodium: 264.04mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin B6: 0.61mg (30.34%), Potassium: 736.45mg (21.04%), Manganese: 0.3mg (14.93%), Phosphorus: 130.48mg (13.05%), Vitamin C: 10.74mg (13.02%), Magnesium: 42.75mg (10.69%), Vitamin B1: 0.15mg (9.78%), Vitamin A: 478IU (9.56%), Copper: 0.18mg (9.24%), Fiber: 2.28g (9.13%), Vitamin B3: 1.8mg (8.99%), Iron: 1.55mg (8.62%), Calcium: 78.64mg (7.86%), Vitamin K: 6.93µg (6.6%), Folate: 26.22µg (6.55%), Vitamin B2: 0.1mg (5.92%), Vitamin B5: 0.58mg (5.84%), Zinc: 0.65mg (4.33%), Selenium: 2.12µg (3.02%), Vitamin D: 0.36µg (2.4%), Vitamin E: 0.33mg (2.19%), Vitamin B12: 0.08µg (1.3%)