



Monterey Jack Potato Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons flour all-purpose
- ☐ 9 ounce artichoke hearts frozen thawed drained
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper white
- ☐ 2 tablespoons butter melted reduced-calorie
- ☐ 2 ounces monterrey jack cheese shredded reduced-fat
- ☐ 0.5 cup nonfat milk powder dry instant
- ☐ 1 cup onion separated thinly sliced

- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 pounds potatoes red peeled thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 cups skim milk divided

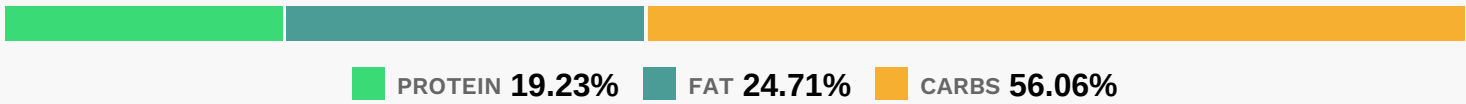
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine flour and 1/2 cup milk in a medium saucepan; stir until smooth. Stir in remaining 1 1/2 cups milk, milk powder, and margarine. Cook over medium heat, stirring constantly with a wire whisk, until mixture is thickened and bubbly. Stir in salt, pepper, and nutmeg.
- ☐ Sprinkle garlic in a 13- x 9- x 2-inch baking dish coated with cooking spray. Arrange half of onion rings over garlic; top with half of potato slices. Arrange artichoke hearts over potato. Repeat layers with remaining onion and potato slices.
- ☐ Pour sauce mixture over potato slices, and sprinkle with Parmesan cheese.
- ☐ Bake, uncovered, at 350 for 40 minutes.
- ☐ Sprinkle evenly with Monterey Jack cheese.
- ☐ Bake an additional 20 minutes or until potato is tender.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.23, Glycemic Load:2.45, Inflammation Score:-6, Nutrition Score:10.650000038354%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 179.43kcal (8.97%), Fat: 5.06g (7.78%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 22.88g (8.32%), Sugar: 7.5g (8.33%), Cholesterol: 9.89mg (3.3%), Sodium: 301.76mg (13.12%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.85g (17.71%), Phosphorus: 230.59mg (23.06%), Calcium: 224.97mg (22.5%), Potassium: 704.09mg (20.12%), Vitamin B2: 0.27mg (15.83%), Folate: 60.88µg (15.22%), Vitamin C: 10.96mg (13.29%), Vitamin B6: 0.26mg (12.99%), Manganese: 0.25mg (12.37%), Fiber: 2.92g (11.68%), Vitamin B1: 0.17mg (11.26%), Magnesium: 44.25mg (11.06%), Vitamin B12: 0.61µg (10.16%), Vitamin A: 442.15IU (8.84%), Vitamin D: 1.25µg (8.3%), Selenium: 5.75µg (8.22%), Zinc: 1.18mg (7.85%), Copper: 0.15mg (7.72%), Vitamin B3: 1.54mg (7.7%), Vitamin B5: 0.75mg (7.46%), Iron: 1.03mg (5.7%), Vitamin K: 2.9µg (2.76%)