



New Potato Gratin with Lima Beans and Egg

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bread french stale
- ☐ 1 ounce gruyère cheese shredded
- ☐ 3 hard-cooked eggs quartered
- ☐ 0.5 cup lima beans *soaked overnight frozen thawed
- ☐ 6 small new potatoes thinly sliced
- ☐ 1 ounce parmesan cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup whipping cream

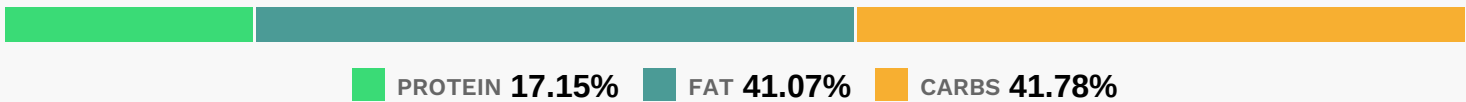
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender

Directions

- ☐ Cook potato slices in boiling, salted water to cover 13 minutes.
- ☐ Add beans, and cook 2 more minutes.
- ☐ Remove from heat; drain well.
- ☐ Pulse bread slices in a blender or food processor 8 or 10 times or until bread is crumbly.
- ☐ Place potato slices and lima beans in a greased 10-inch deep-dish pieplate; sprinkle with half of Gruyere and half of Parmesan. Top evenly with egg; sprinkle with remaining cheese, salt, and pepper.
- ☐ Pour cream around inside edge of pieplate; sprinkle evenly with breadcrumbs.
- ☐ Bake at 475 for 10 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:15.53, Inflammation Score:-4, Nutrition Score:9.2321739507758%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 219.61kcal (10.98%), Fat: 10.09g (15.52%), Saturated Fat: 5.44g (33.97%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 20.78g (7.56%), Sugar: 2.46g (2.74%), Cholesterol: 93.05mg (31.02%), Sodium: 401.94mg (17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.95%), Selenium: 15.06µg (21.51%), Vitamin B1: 0.24mg (16.13%), Vitamin B2: 0.27mg (15.79%), Phosphorus: 149.29mg (14.93%), Folate: 55.46µg (13.87%), Manganese: 0.27mg (13.67%), Calcium: 117.1mg (11.71%), Iron: 1.83mg (10.18%), Vitamin C: 8.36mg (10.14%), Vitamin

B6: 0.2mg (10.14%), Fiber: 2.31g (9.22%), Potassium: 310.17mg (8.86%), Vitamin B3: 1.69mg (8.43%), Vitamin A: 378.96IU (7.58%), Magnesium: 28.36mg (7.09%), Zinc: 0.95mg (6.35%), Vitamin B5: 0.59mg (5.92%), Copper: 0.12mg (5.88%), Vitamin B12: 0.33µg (5.52%), Vitamin D: 0.69µg (4.6%), Vitamin E: 0.42mg (2.83%), Vitamin K: 2.09µg (1.99%)