

Onion Potato Gratin



Gluten Free



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds yukon gold potatoes peeled cut into 1/ slices
- ☐ 1 large onion yellow thinly sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 4 servings salt
- ☐ 2 teaspoons herbs de provence dried
- ☐ 0.5 teaspoon pepper white
- ☐ 0.5 teaspoon nutmeg
- ☐ 4 oz gruyère cheese packed grated ()

☐ 2 oz parmesan cheese packed freshly grated ()

☐ 0.7 cup half-and-half (half cream, half milk)

Equipment

☐ frying pan

☐ oven

☐ baking pan

Directions

☐ Preheat oven to 400°F.

☐ Boil the potatoes: Boil the potatoes for 4 minutes in salted water (1 tablespoon of salt for 2 quarts of water).

☐ Drain and set aside.

☐ Heat the butter over medium-high heat in a large sauté pan and cook the onions, stirring occasionally, until they are softened, about 5 minutes.

☐ Sprinkle them with salt and the Herbes de Provence. Turn off the heat and set aside.

☐ Layer potatoes, cheeses, onions, nutmeg in baking dish, pour over with half and half:

☐ Spread half of the sliced potatoes over the bottom of an 11x7-inch baking dish (Pyrex works well).

☐ Sprinkle well with salt and white pepper.

☐ Sprinkle with about a third of the Gruyere and Parmesan cheeses. Top with the onions, the nutmeg and another 1/3 of the cheeses.

☐ Layer the remaining sliced potatoes on top of the cheeses.

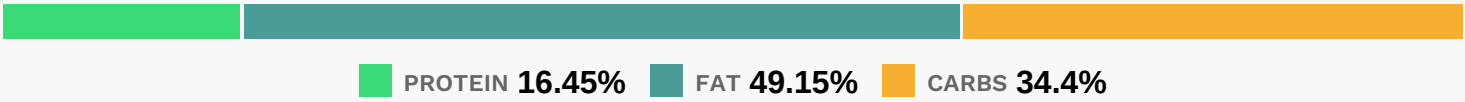
☐ Pour the half and half over everything.

☐ Sprinkle again with salt and pepper.

☐ Sprinkle the remaining one-third of the cheeses over everything. (At this point you can make a day ahead, just cover and refrigerate until time to cook.)

☐ Bake uncovered in 400°F oven until cream thickens and everything is nicely browned, about 25–30 minutes.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:22.58, Inflammation Score:-7, Nutrition Score:17.577825929808%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 429.19kcal (21.46%), Fat: 23.77g (36.56%), Saturated Fat: 14.13g (88.29%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 32.75g (11.91%), Sugar: 4.78g (5.31%), Cholesterol: 72.68mg (24.23%), Sodium: 681.67mg (29.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Calcium: 496.2mg (49.62%), Vitamin C: 36.96mg (44.8%), Phosphorus: 411.19mg (41.12%), Vitamin B6: 0.61mg (30.25%), Potassium: 879.99mg (25.14%), Manganese: 0.38mg (19.2%), Fiber: 4.68g (18.73%), Zinc: 2.48mg (16.53%), Vitamin B2: 0.28mg (16.21%), Magnesium: 64mg (16%), Selenium: 11.17µg (15.95%), Vitamin A: 732.48IU (14.65%), Vitamin K: 13.98µg (13.31%), Vitamin B1: 0.19mg (12.67%), Iron: 2.2mg (12.23%), Vitamin B12: 0.73µg (12.22%), Copper: 0.23mg (11.36%), Folate: 41.03µg (10.26%), Vitamin B3: 1.95mg (9.76%), Vitamin B5: 0.88mg (8.79%), Vitamin E: 0.48mg (3.18%), Vitamin D: 0.35µg (2.31%)