



## Parmesan-and-Chive Potato Gratin

READY IN



38 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons butter
- ☐ 0.3 cup breadcrumbs dry
- ☐ 6 garlic cloves peeled thinly sliced
- ☐ 0.3 cup green onions fresh chopped
- ☐ 1 cup milk 1% low-fat
- ☐ 1 cup parmesan cheese grated
- ☐ 3 pounds potatoes red cubed unpeeled
- ☐ 1.3 teaspoons salt

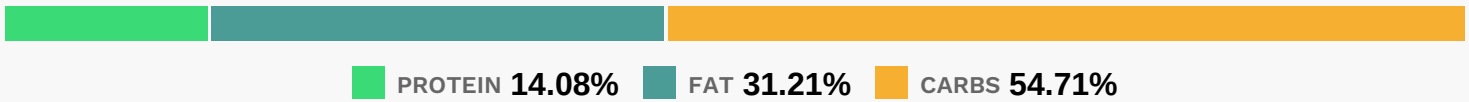
# Equipment

- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ potato masher
- ☐ broiler

# Directions

- ☐ Place potatoes and garlic in a large saucepan; cover with cold water, and bring to a boil over high heat. Reduce heat; simmer, uncovered, until potatoes are tender when pierced with a knife (about 20 minutes).
- ☐ Drain; return to pot over low heat.
- ☐ Add milk, butter, salt, and pepper. Mash potatoes with a potato masher to desired consistency.
- ☐ Preheat broiler.
- ☐ Transfer potatoes to a shallow 1 1/2-quart ovenproof casserole or baking dish.
- ☐ Combine cheese, breadcrumbs, and chives; sprinkle over potatoes. Broil 4–5 inches from heat source until cheese melts and starts to brown (3–4 minutes).

# Nutrition Facts



# Properties

Glycemic Index:19.63, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:11.263912895451%

# 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

# Nutrients (% of daily need)

Calories: 239.39kcal (11.97%), Fat: 8.48g (13.05%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 30.28g (11.01%), Sugar: 3.92g (4.36%), Cholesterol: 23.64mg (7.88%), Sodium: 683.14mg (29.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.21%), Potassium: 866.18mg (24.75%), Phosphorus: 224.59mg (22.46%), Vitamin C: 16.06mg (19.46%), Calcium: 178.12mg (17.81%), Vitamin B6: 0.35mg (17.56%), Manganese: 0.34mg (17.08%), Vitamin B1: 0.2mg (13.1%), Copper: 0.25mg (12.62%), Fiber: 3.15g (12.61%), Magnesium: 48.2mg (12.05%), Vitamin B3: 2.25mg (11.24%), Selenium: 7.09µg (10.12%), Folate: 37.13µg (9.28%), Vitamin B2: 0.16mg (9.22%), Zinc: 1.32mg (8.79%), Iron: 1.54mg (8.53%), Vitamin K: 8.67µg (8.26%), Vitamin A: 364.35IU (7.29%), Vitamin B5: 0.67mg (6.65%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.39µg (2.58%), Vitamin E: 0.22mg (1.45%)