



Poblano, Potato, and Corn Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons flour
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup corn kernels frozen thawed
- ☐ 1.5 cups half and half
- ☐ 3 teaspoons olive oil divided
- ☐ 2 large poblano pepper fresh stemmed seeded cut into 2 x 1/4-inch strips
- ☐ 0.8 teaspoon salt
- ☐ 1 cup mozzarella cheese divided grated

- ☐ 1.3 pounds yukon gold potatoes peeled cut into 1/8-inch-thick rounds

Equipment

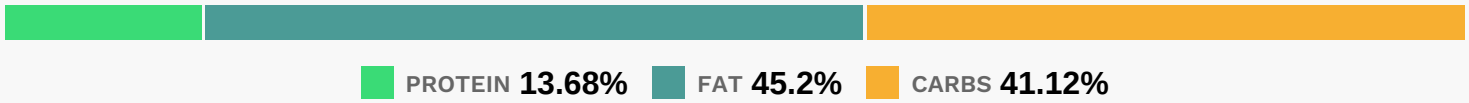
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 400°F. Rub 9 1/2-inch-diameter deep-dish glass pie dish or cast-iron skillet with 2 teaspoons oil.
- ☐ Heat remaining 1 teaspoon oil in large nonstick skillet over medium-high heat.
- ☐ Add poblano strips and sauté until tender, about 5 minutes.
- ☐ Remove from heat.
- ☐ Arrange 1/3 of potato rounds, overlapping slightly, in prepared pie dish.
- ☐ Sprinkle 1/3 of poblano strips over, then 1/3 of corn and 1/3 of cheese. Repeat with 1/3 of potatoes, 1/3 of poblanos, 1/3 of corn, and 1/3 of cheese. Top with remaining potatoes, poblanos, and corn, reserving remaining 1/3 of cheese.
- ☐ Place pie dish on rimmed baking sheet.
- ☐ Whisk half and half, flour, 3/4 teaspoon salt, and 1/2 teaspoon freshly ground black pepper in small bowl.
- ☐ Pour over potato mixture in pie dish; press potatoes to submerge. Cover dish tightly with foil.
- ☐ Bake 30 minutes.
- ☐ Remove foil; sprinkle remaining cheese over gratin. Continue to bake gratin until potatoes are tender and cheese is golden brown, about 25 minutes longer.
- ☐ Let stand 10 minutes before serving.

- ☐ * Often called pasillas; available at some supermarkets and at specialty foods stores, farmers' markets, and Latin markets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:10.32, Inflammation Score:-5, Nutrition Score:10.156521750533%

Flavonoids

Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 198.35kcal (9.92%), Fat: 10.25g (15.77%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 18.24g (6.63%), Sugar: 4.47g (4.97%), Cholesterol: 26.94mg (8.98%), Sodium: 381.07mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Vitamin C: 47.66mg (57.77%), Vitamin B6: 0.34mg (16.88%), Phosphorus: 152.92mg (15.29%), Potassium: 471.45mg (13.47%), Calcium: 133.46mg (13.35%), Vitamin B2: 0.19mg (11.15%), Fiber: 2.75g (10.99%), Manganese: 0.22mg (10.79%), Vitamin A: 418.29IU (8.37%), Vitamin B1: 0.12mg (8.02%), Magnesium: 31.04mg (7.76%), Folate: 28.82µg (7.2%), Selenium: 4.81µg (6.87%), Vitamin B12: 0.41µg (6.76%), Vitamin B3: 1.33mg (6.62%), Zinc: 0.93mg (6.17%), Vitamin K: 6.41µg (6.1%), Copper: 0.12mg (6.03%), Iron: 0.94mg (5.23%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.54mg (3.57%)