



Poblano Potato Gratin

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



351 kcal

SIDE DISH

Ingredients

- 1.5 cups cup heavy whipping cream
- 1 pound onion cut lengthwise into 1/4-inch strips
- 1.5 pounds poblano pepper fresh (5)
- 1 tablespoon vegetable oil
- 0.8 cup milk whole
- 3 pounds yukon gold potatoes

Equipment

- bowl

- frying pan
- oven
- pot
- baking pan
- tongs
- broiler pan

Directions

- Roast chiles on their sides on racks of gas burners on high, turning with tongs, until skins are blackened all over, about 10 minutes. Immediately transfer to a bowl and let stand, covered tightly, 10 minutes.
- When chiles are cool enough to handle, peel or rub off skin. Slit chiles lengthwise, then stem, seed, and devein.
- Cut lengthwise into thin strips.
- Cook onions with 1 teaspoon salt in oil in a 12-inch heavy skillet over medium-low heat, stirring occasionally, until golden, about 8 minutes. Stir in chiles and remove rajas from heat. Reserve 1/2 cup rajas for topping.
- Preheat oven to 400°F with rack in middle. Generously butter a 3-quart shallow baking dish.
- Peel potatoes, then cut crosswise into 1/16-inch-thick slices with slicer.
- Transfer to a small heavy pot.
- Add cream, milk, and 1 teaspoon salt and bring just to a boil over medium heat, stirring occasionally (liquid will thicken). Stir in rajas, then pour mixture evenly into baking dish.
- Sprinkle reserved 1/2 cup rajas on top.
- Bake until potatoes are tender, 45 minutes to 1 hour.
- Let stand 15 minutes before serving.
- Chiles can be roasted by broiling on a broiler pan 2 inches from heat, turning, 8 to 10 minutes.
•Rajas can be made 3 days ahead and chilled. •Gratin can be made 1 day ahead and chilled.
Bring to room temperature and reheat, covered, in a 350°F oven (about 30 minutes).

Nutrition Facts



■ PROTEIN 7.51% ■ FAT 46.92% ■ CARBS 45.57%

Properties

Glycemic Index:19.84, Glycemic Load:23.58, Inflammation Score:-8, Nutrition Score:17.417391403862%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.58mg, Quercetin: 14.58mg, Quercetin: 14.58mg, Quercetin: 14.58mg

Nutrients (% of daily need)

Calories: 351.14kcal (17.56%), Fat: 18.9g (29.07%), Saturated Fat: 11.07g (69.16%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 35.14g (12.78%), Sugar: 8.18g (9.08%), Cholesterol: 53.17mg (17.72%), Sodium: 35.77mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin C: 106.35mg (128.91%), Vitamin B6: 0.79mg (39.5%), Potassium: 1024.43mg (29.27%), Fiber: 6.15g (24.61%), Manganese: 0.44mg (21.93%), Vitamin A: 1012.26IU (20.25%), Phosphorus: 179.39mg (17.94%), Vitamin B1: 0.23mg (15.49%), Magnesium: 59.17mg (14.79%), Vitamin K: 14.38µg (13.69%), Copper: 0.27mg (13.35%), Vitamin B2: 0.21mg (12.3%), Folate: 48.28µg (12.07%), Vitamin B3: 2.32mg (11.6%), Calcium: 99.55mg (9.95%), Iron: 1.78mg (9.89%), Vitamin B5: 0.86mg (8.57%), Vitamin D: 0.97µg (6.44%), Vitamin E: 0.9mg (6.03%), Zinc: 0.9mg (6.01%), Selenium: 2.57µg (3.67%), Vitamin B12: 0.19µg (3.25%)