



Potato-and-Celeriac Gratin

READY IN



45 min.

SERVINGS



7

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 pounds celery root peeled (celery root)
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves halved
- ☐ 4 ounces gruyère cheese divided grated
- ☐ 2 cups milk 1% low-fat
- ☐ 2 pounds potatoes red peeled cut into 1/4-inch-thick slices
- ☐ 0.5 teaspoon salt
- ☐ 4 thyme sprigs divided

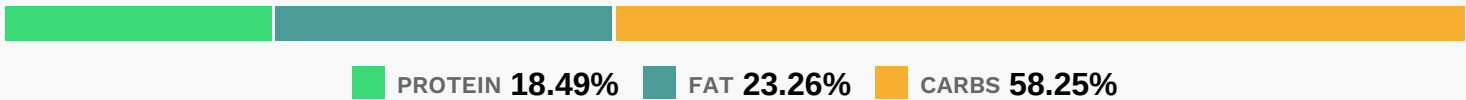
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Rub the sides and the bottom of an 11 x 7-inch baking dish coated with cooking spray with garlic halves. Crush garlic halves; set aside.
- ☐ Cut celeriac into 1/4-inch-thick slices; cut slices into quarters to measure 2 cups, reserving remaining celeriac for another use.
- ☐ Place 2 cups celeriac, potatoes, and 3 thyme sprigs in a large saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 10 minutes or until potatoes are tender; drain and discard thyme.
- ☐ While the potatoes are cooking, combine flour, salt, and pepper in a small saucepan; gradually add milk, stirring with a whisk. Stir in crushed garlic and 1 thyme sprig.
- ☐ Place the pan over medium heat, and cook until thick (about 10 minutes), stirring constantly with a whisk.
- ☐ Remove from heat; stir in 3/4 cup cheese.
- ☐ Arrange potatoes and celeriac in baking dish; pour sauce over vegetables.
- ☐ Sprinkle with 1/4 cup cheese.
- ☐ Bake at 350 for 30 minutes or until lightly browned. Discard thyme.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:4.41, Inflammation Score:-7, Nutrition Score:16.133913288946%

Flavonoids

Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 241.17kcal (12.06%), Fat: 6.39g (9.84%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 31.87g (11.59%), Sugar: 6.65g (7.39%), Cholesterol: 21.19mg (7.06%), Sodium: 428.87mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin K: 44.26µg (42.15%), Phosphorus: 363.79mg (36.38%), Calcium: 308.1mg (30.81%), Potassium: 1012.94mg (28.94%), Vitamin C: 20.1mg (24.37%), Vitamin B6: 0.45mg (22.43%), Manganese: 0.4mg (19.83%), Fiber: 4.16g (16.62%), Magnesium: 63.84mg (15.96%), Vitamin B1: 0.23mg (15.27%), Vitamin B2: 0.26mg (15.16%), Copper: 0.26mg (12.95%), Vitamin B3: 2.47mg (12.35%), Zinc: 1.71mg (11.43%), Vitamin B12: 0.67µg (11.18%), Iron: 1.93mg (10.7%), Vitamin B5: 1.06mg (10.61%), Folate: 40.25µg (10.06%), Selenium: 6.31µg (9.01%), Vitamin A: 322.42IU (6.45%), Vitamin D: 0.84µg (5.59%), Vitamin E: 0.43mg (2.83%)