



Potato-and-Cheese Purée

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 4 garlic cloves
- 5 cups gruyère cheese grated
- 0.7 cup heavy cream chilled
- 2 tablespoons bottled horseradish drained
- 1.3 teaspoons salt
- 3 tablespoons butter unsalted softened
- 0.8 cup milk whole

- 2 pounds yukon gold potatoes (6 medium)

Equipment

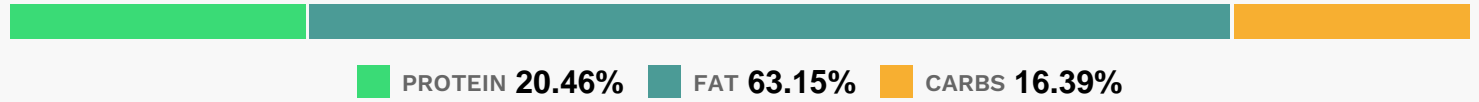
- bowl
- baking sheet
- sauce pan
- knife
- pot
- baking pan
- hand mixer
- wooden spoon
- broiler
- kitchen towels
- spatula
- colander
- potato ricer

Directions

- Cover potatoes with salted water > by 2 inches in a 4- to 5-quart heavy pot and simmer until very tender, about 40 minutes.
- Drain in a colander.
- Mince garlic and mash to a paste with 1 teaspoon salt using side of a large heavy knife.
- When potatoes are cool enough to handle when held in a kitchen towel, peel and force through ricer into cleaned saucepan.
- Add butter, garlic paste, and milk and cook over moderately low heat, stirring vigorously with a wooden spoon, until fluffy and heated through, about 2 minutes.
- Add cheese and pepper and cook, stirring vigorously with a heatproof rubber spatula or wooden spoon, until cheese is melted, smooth, and almost taffylike, about 10 minutes.
- Preheat broiler. Butter baking dish. (If using 6 individual gratin dishes, butter and put on a baking sheet.)

- Transfer potato mixture to baking dish, smoothing top.
- Beat cream in a bowl with an electric mixer until it holds soft peaks, then beat in horseradish and remaining 1/4 teaspoon salt.
- Spread horseradish cream over potato mixture and broil 4 to 5 inches from heat, rotating gratin if it isn't browning evenly, until golden, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:20.22, Inflammation Score:-8, Nutrition Score:24.433913334556%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 734.92kcal (36.75%), Fat: 51.92g (79.87%), Saturated Fat: 31.08g (194.27%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 26.75g (9.73%), Sugar: 4.24g (4.71%), Cholesterol: 169.59mg (56.53%), Sodium: 1319.82mg (57.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.7%), Calcium: 1193.25mg (119.33%), Phosphorus: 804.38mg (80.44%), Vitamin C: 31.81mg (38.56%), Zinc: 4.99mg (33.27%), Vitamin A: 1660.09IU (33.2%), Vitamin B12: 1.98µg (32.98%), Vitamin B6: 0.59mg (29.61%), Vitamin B2: 0.45mg (26.66%), Selenium: 18.28µg (26.11%), Potassium: 820.83mg (23.45%), Magnesium: 82.17mg (20.54%), Manganese: 0.31mg (15.7%), Fiber: 3.58g (14.3%), Vitamin B1: 0.21mg (14.28%), Vitamin B5: 1.27mg (12.74%), Copper: 0.21mg (10.71%), Vitamin D: 1.52µg (10.16%), Folate: 39.4µg (9.85%), Vitamin B3: 1.8mg (8.99%), Iron: 1.47mg (8.16%), Vitamin K: 7.64µg (7.28%), Vitamin E: 0.75mg (4.99%)