



WHATSheATE



Potato and Ground Beef Gratin

READY IN



105 min.

SERVINGS



6

CALORIES



710 kcal

SIDE DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 3 tablespoons butter
- ☐ 0.3 cup onion chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 3 cups milk
- ☐ 12 oz mild cheddar cheese shredded

- ☐ 2.5 lb potatoes white peeled thinly sliced (6 cups)

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 10-inch skillet, cook beef, salt and pepper over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.
- ☐ Meanwhile, in 3-quart saucepan, melt butter over medium-low heat.
- ☐ Add onion; cook about 2 minutes, stirring occasionally, until tender. Stir in flour. Cook 1 to 2 minutes, stirring constantly, until bubbly; remove from heat. Stir in thyme.
- ☐ Stir milk into onion mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in 2 cups of the cheese until melted.
- ☐ Spread half of the potatoes in baking dish. Top with beef; spread remaining potatoes over beef.
- ☐ Pour cheese sauce over potatoes.
- ☐ Cover with foil; bake 45 minutes.
- ☐ Sprinkle remaining 1 cup cheese over potatoes.
- ☐ Bake uncovered 15 to 20 minutes longer or until top is brown and bubbly and potatoes are tender.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



 **PROTEIN 19.45%**  **FAT 55.87%**  **CARBS 24.68%**

Properties

Glycemic Index:54.63, Glycemic Load:28.97, Inflammation Score:-9, Nutrition Score:27.798260730246%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 709.82kcal (35.49%), Fat: 44.17g (67.95%), Saturated Fat: 20.19g (126.18%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 39.41g (14.33%), Sugar: 7.82g (8.69%), Cholesterol: 125.01mg (41.67%), Sodium: 933.19mg (40.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Phosphorus: 618.64mg (61.86%), Calcium: 595.08mg (59.51%), Vitamin B12: 2.88µg (48.08%), Vitamin C: 38.81mg (47.04%), Vitamin B6: 0.93mg (46.42%), Selenium: 31.58µg (45.12%), Zinc: 6.34mg (42.28%), Vitamin B2: 0.62mg (36.3%), Potassium: 1249.49mg (35.7%), Vitamin B3: 5.59mg (27.95%), Magnesium: 89.33mg (22.33%), Vitamin A: 1052.65IU (21.05%), Vitamin B1: 0.3mg (20.14%), Manganese: 0.38mg (18.76%), Iron: 3.36mg (18.64%), Fiber: 4.51g (18.03%), Vitamin B5: 1.66mg (16.64%), Copper: 0.28mg (14.22%), Folate: 55.97µg (13.99%), Vitamin D: 1.76µg (11.72%), Vitamin E: 1.04mg (6.92%), Vitamin K: 6.99µg (6.66%)