



Potato-and-Gruyère Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 12 servings cream sauce
- ☐ 8 ounces gruyère cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt divided
- ☐ 1 large onion sweet chopped
- ☐ 4 pounds yukon gold potatoes

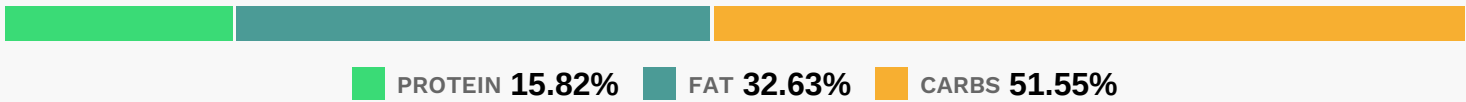
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Peel and thinly slice potatoes.
- ☐ Bring potatoes, 1 teaspoon salt, and water to cover to a boil in a Dutch oven; cook 8 to 10 minutes.
- ☐ Remove from heat; drain and set aside.
- ☐ Melt butter in a large skillet over medium-high heat; add chopped onion, and saut 12 to 15 minutes or until golden brown.
- ☐ Layer half of potatoes in a lightly greased 13- x 9-inch baking dish or 2 (8-inch) square baking dishes; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Top with half each of onions, Gruyre cheese, and Cream Sauce. Repeat layers once, ending with Cream Sauce.
- ☐ Bake at 350 for 1 hour and 15 minutes or until golden brown.
- ☐ *1 (8-ounce) block Swiss cheese, shredded, or 1 (8-ounce) block sharp white Cheddar cheese, shredded, may be substituted.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:19.35, Inflammation Score:-5, Nutrition Score:10.776086864264%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 223.79kcal (11.19%), Fat: 8.23g (12.67%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 25.64g (9.33%), Sugar: 2.98g (3.31%), Cholesterol: 20.8mg (6.93%), Sodium: 559.28mg (24.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.97%), Vitamin C: 31.12mg (37.72%), Vitamin B6: 0.5mg (24.89%), Calcium: 216.35mg (21.63%), Phosphorus: 209.61mg (20.96%), Potassium: 689.68mg (19.71%), Fiber: 3.62g (14.49%), Manganese: 0.27mg (13.54%), Magnesium: 44.76mg (11.19%), Vitamin B1: 0.14mg (9.62%), Copper: 0.19mg (9.48%), Vitamin B3: 1.65mg (8.27%), Zinc: 1.22mg (8.14%), Folate: 32.5µg (8.13%), Iron: 1.31mg (7.26%), Vitamin B2: 0.11mg (6.39%), Vitamin B5: 0.59mg (5.85%), Vitamin A: 266.41IU (5.33%), Vitamin B12: 0.31µg (5.09%), Selenium: 3.36µg (4.8%), Vitamin K: 3.63µg (3.45%), Vitamin E: 0.17mg (1.15%)