



Potato and Jalapeno Gratin

 Gluten Free

READY IN



110 min.

SERVINGS



6

CALORIES



576 kcal

SIDE DISH

Ingredients

- 1 pinch pepper black to taste
- 2 cups gruyere cheese shredded
- 2 cups cup heavy whipping cream
- 3 jalapeno minced seeded (wear gloves)
- 1 tablespoon paprika
- 2 pounds baking potatoes peeled sliced

Equipment

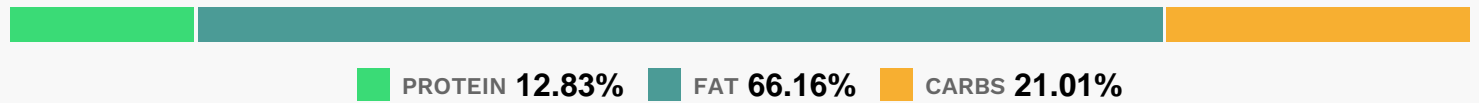
- oven

- baking pan
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Spread 1/4 of the sliced potatoes into the bottom of the casserole dish, followed by 1/3 of Gruyere cheese, and about 2 tablespoons of minced jalapeno peppers.
- Sprinkle with salt and pepper. Repeat the layers 2 more times; top casserole with last 1/4 of the sliced potatoes.
- Pour the cream evenly over the casserole.
- Sprinkle top with paprika.
- Bake in the preheated oven until the casserole has browned and the potatoes are tender, about 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:21.61, Inflammation Score:-9, Nutrition Score:17.396087148915%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 576.26kcal (28.81%), Fat: 43.15g (66.38%), Saturated Fat: 26.63g (166.46%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 28.26g (10.27%), Sugar: 3.82g (4.25%), Cholesterol: 138.05mg (46.02%), Sodium: 344.15mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Calcium: 520mg (52%), Vitamin A: 2235.01IU (44.7%), Phosphorus: 400.88mg (40.09%), Vitamin B6: 0.64mg (31.97%), Potassium: 785.68mg (22.45%), Vitamin C: 17.41mg (21.1%), Vitamin B2: 0.34mg (20.06%), Zinc: 2.41mg (16.04%), Magnesium: 59.32mg (14.83%), Vitamin B12: 0.83µg (13.85%), Manganese: 0.27mg (13.66%), Selenium: 9.47µg (13.52%), Vitamin B1: 0.17mg (11.53%), Fiber: 2.57g (10.29%), Vitamin D: 1.53µg (10.22%), Vitamin E: 1.46mg (9.72%), Iron: 1.72mg (9.56%), Vitamin B5: 0.96mg (9.56%), Copper: 0.19mg (9.52%), Vitamin B3: 1.87mg (9.35%), Vitamin K: 8.71µg (8.29%), Folate: 31.21µg (7.8%)