



## Potato and Poblano Gratin

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



10

CALORIES



224 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup crème fraîche
- 1 cup regular corn frozen thawed
- 0.5 cup half-and-half
- 3 cup coarsely monterey jack cheese grated
- 3 large poblano chiles stemmed seeded cut into 2-inch wide by 1/2-inch-thick strips
- 1 teaspoon salt
- 1 pound yukon gold potatoes unpeeled cut into 1/ rounds

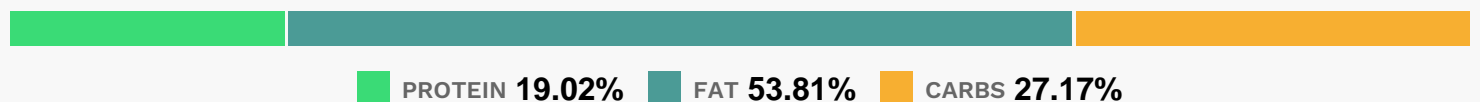
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- ziploc bags
- pie form

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Spray a glass 9 1/2-inch, deep dish pie dish with nonstick cooking spray. Set aside.
- In a medium bowl, combine the poblano strips and corn.
- In a small bowl, mix together the half-and-half and crema.
- Arrange 1/2 of the potato rounds, overlapping slightly, in the prepared pie dish.
- Sprinkle 1/2 of the poblano-corn mixture on top, season with the salt and pepper, and top with 1/3 of the cheese. Repeat the layers, ending with the cheese.
- Pour the cream mixture over the potatoes.
- Place the pie dish on a baking sheet. Cover the dish tightly with foil.
- Bake for 30 minutes.
- Remove the foil and continue baking until the potatoes are tender and the cheese is golden brown, about 30 minutes longer.
- Let stand 10 minutes before serving.
- Cook's Note: For easy peeling, enclose the charred poblanos tightly in a plastic bag.

## Nutrition Facts



## Properties

Glycemic Index:15.27, Glycemic Load:6.02, Inflammation Score:-6, Nutrition Score:10.756086810775%

## Flavonoids

Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 224.49kcal (11.22%), Fat: 13.76g (21.18%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 13.32g (4.84%), Sugar: 2.57g (2.86%), Cholesterol: 40.66mg (13.55%), Sodium: 497.11mg (21.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Vitamin C: 49.79mg (60.35%), Calcium: 296.33mg (29.63%), Phosphorus: 212.22mg (21.22%), Vitamin B6: 0.31mg (15.33%), Vitamin B2: 0.2mg (11.69%), Vitamin A: 540.78IU (10.82%), Potassium: 370.38mg (10.58%), Fiber: 2.32g (9.29%), Zinc: 1.38mg (9.18%), Manganese: 0.17mg (8.63%), Selenium: 5.58µg (7.97%), Magnesium: 31.17mg (7.79%), Folate: 25.26µg (6.31%), Vitamin B1: 0.09mg (6.01%), Vitamin K: 5.67µg (5.4%), Vitamin B3: 1.04mg (5.19%), Copper: 0.1mg (5.17%), Vitamin B12: 0.3µg (5.07%), Iron: 0.9mg (4.97%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.31mg (2.04%), Vitamin D: 0.2µg (1.36%)