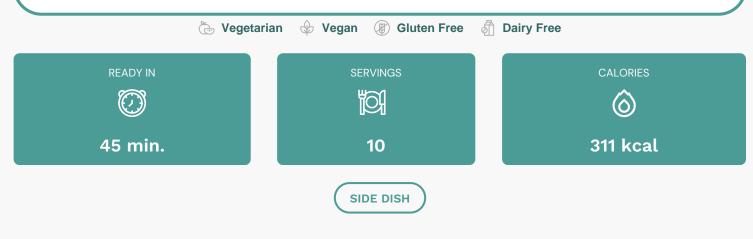


# **Potato and Portobello Mushroom Gratin**



## Ingredients

U.5 ounce the following, parmesan find) dried
O.3 cup parsley fresh chopped
1 tablespoon rosemary leaves fresh chopped
1 tablespoon thyme sprigs fresh chopped
4 garlic clove minced
1 teaspoon pepper black
12 tablespoons olive oil
1.5 pounds portabello mushrooms

П	2 teaspoons salt
	1.5 cups water hot
	4 pounds yukon gold potatoes peeled cut into 1/8-inch-thick slices
Eq	uipment
	bowl
	frying pan
	oven
	aluminum foil
Diı	rections
	Combine 1 1/2 cups hot water and porcini in small bowl.
	Let stand until mushrooms soften, about 30 minutes.
	Drain, reserving 2/3 cup soaking liquid. Chop porcini; set aside.
	Remove and chop stems from portobellos; place in large bowl. Using small spoon, scrape away dark gills from portobellos and discard.
	Cut portobello caps into 1/2-inch pieces; add to bowl.
	Heat 3 tablespoons olive oil in heavy large skillet over medium-high heat.
	Add chopped portobello stems and caps and sauté 4 minutes. Stir in garlic and reserved porcini and sauté until mushrooms are tender, about 10 minutes. Season with salt and pepper.
	Remove from heat.
	Preheat oven to 375°F. Coat each of two 13x9x2-inch glass baking dishes with 1 tablespoon oil.
	Combine remaining 7 tablespoons oil, potatoes, parsley, thyme, rosemary, salt and pepper in large bowl; toss to coat.
	Layer 1/6 of potato mixture in each prepared dish (there will not be enough to overlap slices). Top potatoes in each with 1/4 of mushroom mixture. Repeat layering. Top with remaining potatoes.
	Pour 1/3 cup reserved porcini soaking liquid over potatoes in each dish. Cover dishes with foil.
	Bake gratins 45 minutes. Uncover and bake until tops are brown and potatoes are tender, about 40 minutes longer. (Can be prepared 2 hours ahead.

Ш	*Dried porcini mushrooms are available at Italian markets, specialty foods stores and many supermarkets.
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	Nutrition Facts
	Nutrition Facts

### **Properties**

Glycemic Index:22.27, Glycemic Load:23.39, Inflammation Score:-8, Nutrition Score:16.793043170286%

#### **Flavonoids**

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.36mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

#### Nutrients (% of daily need)

Calories: 311.18kcal (15.56%), Fat: 17.26g (26.56%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 30.94g (11.25%), Sugar: 3.17g (3.53%), Cholesterol: Omg (0%), Sodium: 485.6mg (21.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Vitamin C: 39.33mg (47.67%), Vitamin K: 38.51µg (36.67%), Vitamin B6: 0.67mg (33.48%), Potassium: 1054.9mg (30.14%), Vitamin B3: 5.21mg (26.07%), Copper: 0.48mg (24.14%), Fiber: 5.29g (21.16%), Manganese: 0.4mg (20.22%), Selenium: 14.04µg (20.05%), Phosphorus: 184.96mg (18.5%), Vitamin B5: 1.64mg (16.43%), Vitamin E: 2.47mg (16.43%), Folate: 53.27µg (13.32%), Vitamin B1: 0.19mg (12.92%), Magnesium: 46.66mg (11.67%), Iron: 2.02mg (11.2%), Vitamin B2: 0.17mg (10.07%), Zinc: 1.05mg (6.98%), Calcium: 34.09mg (3.41%), Vitamin A: 170.3IU (3.41%), Vitamin D: 0.26µg (1.73%)