



Potato and Portobello Mushroom Gratin



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 0.3 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

- ☐ 2 teaspoons salt
- ☐ 1.5 cups water hot
- ☐ 4 pounds yukon gold potatoes peeled cut into 1/8-inch-thick slices

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ 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.)

- ☐
- Let stand at room temperature. Cover with foil and rewarm in 350°F oven about 20 minutes.)
- ☐
- *Dried porcini mushrooms are available at Italian markets, specialty foods stores and many supermarkets.

Nutrition Facts

PROTEIN

6.74%

FAT

48.25%

CARBS

45.01%

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, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Myricetin: 0.24mg, 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: 0mg (0%), Sodium: 485.6mg (21.11%), Alcohol: 0g (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%)