



Potato and Shiitake Mushroom Gratin

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

431 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes scrubbed
- ☐ 6 tablespoons butter
- ☐ 2 cups chicken broth
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1.5 pounds mushroom caps fresh stemmed coarsely chopped
- ☐ 3 tablespoons garlic minced
- ☐ 1 teaspoon ground pepper black

- ☐ 2 cups half-and-half cream
- ☐ 2 cups heavy cream
- ☐ 1.5 pounds mushrooms chopped
- ☐ 2 cups parmesan cheese
- ☐ 1.3 teaspoons salt

Equipment

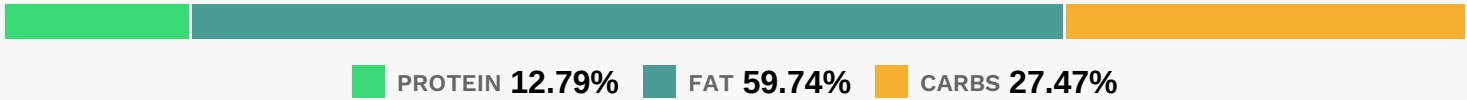
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Melt butter or margarine in a large pot over high heat.
- ☐ Add all mushrooms, and saute; until liquid evaporates, about 10 minutes.
- ☐ Add garlic, thyme, and rosemary; saute; 1 minute.
- ☐ Add chicken broth. Simmer until liquid evaporates, stirring often, about 18 minutes. Season with salt and pepper. Cool.
- ☐ Position 1 rack in middle of the oven, and another rack in bottom third of oven. Preheat to 375 degrees F (190 degrees C). Butter a 13x9x2 inch baking dish.
- ☐ Peel potatoes, and cut into 1/8 inch slices. Arrange 1/3 of the potatoes in prepared dish, overlapping slightly. Top potatoes with half of the mushroom mixture.
- ☐ Sprinkle 1/3 of the cheese over mushrooms. Repeat layering 1/3 of the potatoes, remaining mushroom mixture, and 1/3 of the cheese. Arrange remaining potatoes atop cheese.
- ☐ Whisk half and half, cream, 1 1/4 teaspoon salt, and 1 teaspoon pepper in a large bowl to blend.
- ☐ Pour mixture over potatoes. Cover loosely with foil.

- ☐
- Place baking dish on middle rack in oven, and a baking sheet on the bottom rack.
- ☐
- Bake until potatoes are tender and liquid thickens, about 1 hour and 15 minutes. Uncover. Using metal spatula, press on potatoes to submerge.
- ☐
- Sprinkle remaining cheese over potatoes.
- ☐
- Bake until cheese melts and gratin is golden at edges, about 15 minutes longer.
- ☐
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:17.66, Inflammation Score:-7, Nutrition Score:17.92652161225%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 430.8kcal (21.54%), Fat: 29.61g (45.56%), Saturated Fat: 18.36g (114.77%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 27.04g (9.83%), Sugar: 6.33g (7.03%), Cholesterol: 86.11mg (28.7%), Sodium: 748.95mg (32.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.53%), Vitamin B2: 0.63mg (36.78%), Phosphorus: 358.53mg (35.85%), Vitamin B6: 0.69mg (34.6%), Calcium: 295.26mg (29.53%), Vitamin B3: 5.65mg (28.23%), Potassium: 952.25mg (27.21%), Vitamin B5: 2.36mg (23.59%), Selenium: 15.72µg (22.45%), Manganese: 0.43mg (21.29%), Vitamin A: 1040.58IU (20.81%), Copper: 0.41mg (20.33%), Magnesium: 58.38mg (14.59%), Fiber: 3.61g (14.43%), Zinc: 1.99mg (13.26%), Vitamin B1: 0.19mg (12.51%), Iron: 1.98mg (10.98%), Vitamin C: 8.97mg (10.87%), Folate: 37.63µg (9.41%), Vitamin K: 7.77µg (7.4%), Vitamin D: 1.06µg (7.05%), Vitamin B12: 0.38µg (6.38%), Vitamin E: 0.71mg (4.76%)