



Potato and Sun-Dried Tomato au Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



259 kcal

SIDE DISH

Ingredients

- 3 pounds baking potatoes peeled cut into 1/4-inch-thick slices
- 0.3 teaspoon pepper black
- 2.3 cups skim milk fat-free
- 0.3 cup flour all-purpose
- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 8 ounces parmesan fresh grated
- 0.3 teaspoon salt
- 1 tablespoon stick margarine

- 2 ounces sun-dried olives packed
- 1 cup water boiling

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- measuring cup

Directions

- Combine water and sun-dried tomatoes in a bowl; cover and let stand 30 minutes or until soft.
- Drain and coarsely chop; set aside.
- Preheat oven to 35
- Place the potato in a large saucepan, and cover with water; bring to a boil. Reduce heat; simmer for 15 minutes or until tender.
- Drain well. Arrange potato in a 13 x 9-inch baking dish coated with cooking spray.
- Melt butter in pan over medium heat.
- Add onion; cook 3 minutes or until tender.
- Add sun-dried tomatoes, oregano, salt, and pepper, and cook 2 minutes. Lightly spoon flour into a dry measuring cup; level with a knife.
- Sprinkle tomato mixture with flour; cook 1 minute, stirring constantly. Gradually add milk, stirring with a whisk until blended.
- Remove from heat; add cheese, stirring until cheese melts.
- Pour the sauce over the potatoes, tossing gently to coat.
- Bake at 350 for 20 minutes or until bubbly and golden.

Nutrition Facts

PROTEIN 21.53% FAT 25.26% CARBS 53.21%

Properties

Glycemic Index:31.4, Glycemic Load:23.24, Inflammation Score:-6, Nutrition Score:13.652173938959%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 258.57kcal (12.93%), Fat: 7.42g (11.42%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 32.29g (11.74%), Sugar: 6.63g (7.37%), Cholesterol: 17.08mg (5.69%), Sodium: 472.8mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.47%), Calcium: 372.38mg (37.24%), Phosphorus: 319.99mg (32%), Vitamin B6: 0.56mg (28.14%), Potassium: 904.11mg (25.83%), Manganese: 0.38mg (18.9%), Magnesium: 61.82mg (15.45%), Vitamin B1: 0.21mg (14.23%), Vitamin B2: 0.24mg (14.18%), Vitamin C: 11.17mg (13.54%), Copper: 0.24mg (12.25%), Selenium: 8.21µg (11.73%), Iron: 2.09mg (11.62%), Fiber: 2.88g (11.51%), Vitamin B3: 2.26mg (11.28%), Vitamin B12: 0.59µg (9.89%), Zinc: 1.43mg (9.56%), Folate: 34.62µg (8.65%), Vitamin B5: 0.86mg (8.64%), Vitamin A: 395.69IU (7.91%), Vitamin K: 6.05µg (5.76%), Vitamin D: 0.72µg (4.8%)