



Potato and Turnip Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons thyme leaves fresh
- ☐ 1 large garlic clove minced
- ☐ 1 cup half and half
- ☐ 1 pound russet potatoes peeled cut into 1/6-inch-thick slices
- ☐ 1.3 teaspoons salt
- ☐ 2 shallots thinly sliced
- ☐ 1 pound turnips peeled cut into 1/6-inch-thick slices
- ☐ 2 cups whipping cream

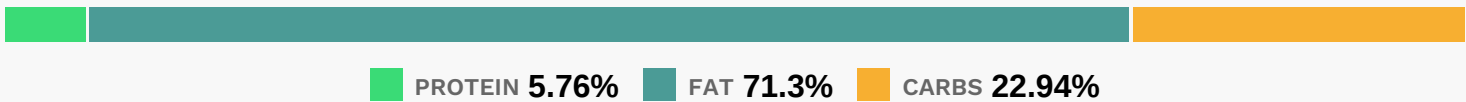
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine first 6 ingredients in heavy medium saucepan. Bring to simmer.
- ☐ Remove from heat.
- ☐ Arrange potatoes and turnips in 13x9x2-inch glass baking dish, alternating and overlapping slightly.
- ☐ Pour warm cream mixture over.
- ☐ Sprinkle with pepper.
- ☐ Bake until vegetables are tender and top is golden brown, about 45 minutes. Cool slightly, then serve.

Nutrition Facts



Properties

Glycemic Index:32.84, Glycemic Load:10.28, Inflammation Score:-7, Nutrition Score:8.1260870021322%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 308.03kcal (15.4%), Fat: 25.07g (38.58%), Saturated Fat: 15.84g (98.97%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 16.13g (5.87%), Sugar: 5.99g (6.65%), Cholesterol: 77.82mg (25.94%), Sodium: 439.54mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin C: 16.99mg (20.59%), Vitamin A: 1000.4IU (20.01%), Vitamin B6: 0.31mg (15.51%), Potassium: 465.92mg (13.31%), Vitamin B2: 0.21mg (12.33%),

Phosphorus: 114.46mg (11.45%), Calcium: 100.75mg (10.08%), Manganese: 0.2mg (9.89%), Fiber: 2.02g (8.07%), Magnesium: 28.48mg (7.12%), Vitamin D: 0.95µg (6.35%), Vitamin B1: 0.09mg (6.32%), Copper: 0.12mg (6.24%), Folate: 22.04µg (5.51%), Vitamin B5: 0.55mg (5.45%), Selenium: 3.51µg (5.01%), Iron: 0.88mg (4.9%), Vitamin B3: 0.91mg (4.53%), Vitamin E: 0.65mg (4.32%), Zinc: 0.62mg (4.1%), Vitamin K: 3.43µg (3.27%), Vitamin B12: 0.15µg (2.54%)