



Potato, Apple and Onion Gratin

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

Ingredients

- 0.3 cup breadcrumbs dried
- 1 tablespoon rosemary leaves fresh chopped
- 1.5 pound similar idaho potatoes sliced into ¼-inch rounds
- 3 teaspoon kosher salt divided
- 0.5 teaspoon freshly cracked pepper black
- 1 pound onions red peeled halved sliced
- 1 pound tart apples red cored peeled halved cut into ¼-inch-thick slices (such as granny smith, pippin, or pink lady)
- 6 tablespoon butter unsalted divided at room temperature

Equipment

- bowl
- frying pan
- baking paper
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F. Melt 3 tablespoons butter in large nonstick skillet over medium heat.
- Add onions, rosemary, and 2 teaspoons salt; sauté until onions are tender and begin to caramelize, about 20 minutes.
- Pour in water and wine to deglaze the pan.
- Let the liquid come to a boil.
- Remove from heat, let cool about 5 minutes.
- Place the potatoes, apples, remaining 1 teaspoon salt, pepper and cooled onion mixture in a large bowl; toss gently to combine.
- Transfer to 13 x 9 x 2-inch baking dish, spreading evenly. Cover dish with parchment paper, then cover with foil, shiny side down.
- Bake gratin until potatoes are tender, about 45 minutes.
- Remove from oven, uncover and dollop the remaining butter on top of the gratin.
- Sprinkle with breadcrumbs.
- Bake until top browns and juices bubble thickly, about 20 minutes longer. Can be made 6 hours ahead.
- Let stand uncovered at room temperature. Rewarm, loosely covered with foil, in 300 degree F oven for 20 minutes.
- Let gratin stand 15 minutes before serving.

Nutrition Facts

PROTEIN 5.8% FAT 37.02% CARBS 57.18%

Properties

Glycemic Index:29.29, Glycemic Load:20.45, Inflammation Score:-6, Nutrition Score:9.2308694823928%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 18.38mg, Quercetin: 18.38mg, Quercetin: 18.38mg, Quercetin: 18.38mg

Nutrients (% of daily need)

Calories: 278.15kcal (13.91%), Fat: 11.91g (18.33%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 36.54g (13.29%), Sugar: 12.06g (13.4%), Cholesterol: 30.1mg (10.03%), Sodium: 1206.79mg (52.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Vitamin B6: 0.52mg (26.02%), Potassium: 681mg (19.46%), Fiber: 4.87g (19.46%), Vitamin C: 15.61mg (18.92%), Manganese: 0.37mg (18.57%), Vitamin B1: 0.19mg (12.34%), Phosphorus: 103.88mg (10.39%), Magnesium: 40.25mg (10.06%), Folate: 38.13µg (9.53%), Copper: 0.18mg (9.23%), Iron: 1.49mg (8.29%), Vitamin B3: 1.64mg (8.2%), Vitamin A: 403.99IU (8.08%), Vitamin B2: 0.1mg (5.95%), Vitamin K: 5.56µg (5.29%), Vitamin B5: 0.53mg (5.26%), Calcium: 50.78mg (5.08%), Zinc: 0.57mg (3.82%), Vitamin E: 0.49mg (3.28%), Selenium: 2.12µg (3.02%), Vitamin D: 0.21µg (1.4%)