



Potato, Celeriac, and Green Onion Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potato thinly sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 2 pound celery root peeled thinly sliced quartered (celery root)
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.5 cup breadcrumbs dry
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup green onion thinly sliced

- ☐ 4 ounces jarlsberg cheese shredded reduced-fat
- ☐ 1 cup leek thinly sliced (2 medium)
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt

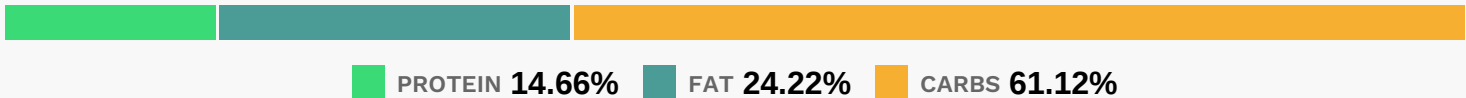
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 3 ingredients.
- ☐ Arrange 2 cups potato slices in a 13 x 9-inch baking dish coated with cooking spray. Arrange half of celeriac slices over potato slices. Top with 1/2 cup leek, 1/2 cup onions, and 1/2 cup Jarlsberg cheese.
- ☐ Sprinkle with one-third of marjoram mixture. Repeat procedure with 2 cups potato slices; remaining celeriac slices, leek, onions, and Jarlsberg cheese; and one-third of marjoram mixture.
- ☐ Top with 2 cups potato slices.
- ☐ Pour broth and sherry over potato mixture; sprinkle with remaining marjoram mixture. Cover and bake at 375 for 1 hour or until tender.
- ☐ Combine breadcrumbs and remaining ingredients; sprinkle over potato mixture.
- ☐ Bake, uncovered, an additional 20 minutes or until lightly browned.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.22, Glycemic Load:19.77, Inflammation Score:-6, Nutrition Score:16.985652271334%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 256.74kcal (12.84%), Fat: 6.84g (10.53%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 34.45g (12.53%), Sugar: 3.84g (4.27%), Cholesterol: 10.55mg (3.52%), Sodium: 551.25mg (23.97%), Alcohol: 1.54g (100%), Alcohol %: 0.64% (100%), Protein: 9.32g (18.64%), Vitamin K: 97.85µg (93.19%), Vitamin B6: 0.63mg (31.57%), Manganese: 0.53mg (26.52%), Potassium: 903.66mg (25.82%), Vitamin C: 20.55mg (24.91%), Phosphorus: 221.83mg (22.18%), Calcium: 204.16mg (20.42%), Fiber: 4.41g (17.65%), Vitamin B1: 0.23mg (15.43%), Magnesium: 59.94mg (14.98%), Iron: 2.67mg (14.83%), Vitamin B3: 2.64mg (13.19%), Folate: 49.18µg (12.3%), Copper: 0.24mg (12.2%), Vitamin A: 502.77IU (10.06%), Vitamin B2: 0.15mg (9.09%), Vitamin B5: 0.84mg (8.35%), Zinc: 0.91mg (6.09%), Vitamin E: 0.86mg (5.72%), Selenium: 3.61µg (5.16%)