



Potato-Fennel Gratin

 Gluten Free

READY IN



135 min.

SERVINGS



10

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 small fennel bulbs
- ☐ 0.5 pound gruyère cheese grated
- ☐ 2 cups heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil good
- ☐ 2 pounds russet potatoes 4 large potatoes
- ☐ 1 tablespoon butter unsalted

☐ 1 onion yellow thinly sliced

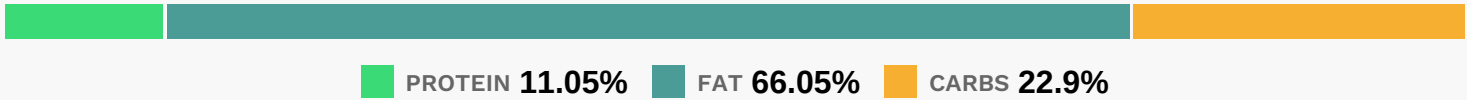
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ mandoline

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Butter the inside of a 10-by-15-by-2-inch (10-cup) baking dish.
- ☐ Remove the stalks from the fennel and cut the bulbs in half lengthwise.
- ☐ Remove the cores and thinly slice the bulbs crosswise, making approximately 4 cups of sliced fennel.
- ☐ Saute the fennel and onions in the olive oil and butter on medium-low heat for 15 minutes, until tender.
- ☐ Peel the potatoes, then thinly slice them by hand or with a mandoline.
- ☐ Mix the sliced potatoes in a large bowl with 2 cups of cream, 2 cups of Gruyere, salt, and pepper.
- ☐ Add the sauteed fennel and onion and mix well.
- ☐ Pour the potatoes into the baking dish. Press down to smooth the potatoes.
- ☐ Combine the remaining 2 tablespoons of cream and 1/2 cup of Gruyere and sprinkle on the top.
- ☐ Bake for 1 1/2 hours, until the potatoes are very tender and the top is browned and bubbly. Allow to set for 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:14.02, Inflammation Score:-7, Nutrition Score:12.509565249733%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 381.12kcal (19.06%), Fat: 28.63g (44.04%), Saturated Fat: 16.41g (102.57%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 19.49g (7.09%), Sugar: 4.34g (4.82%), Cholesterol: 81.75mg (27.25%), Sodium: 436.87mg (18.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.55%), Vitamin K: 35.15µg (33.48%), Calcium: 298.69mg (29.87%), Phosphorus: 241.8mg (24.18%), Vitamin A: 1014.09IU (20.28%), Vitamin B6: 0.38mg (19.18%), Potassium: 653.44mg (18.67%), Vitamin C: 11.89mg (14.41%), Manganese: 0.26mg (13.19%), Vitamin B2: 0.2mg (11.84%), Fiber: 2.84g (11.37%), Magnesium: 41.62mg (10.41%), Zinc: 1.38mg (9.18%), Vitamin E: 1.22mg (8.14%), Folate: 31.66µg (7.91%), Selenium: 5.48µg (7.83%), Vitamin B12: 0.44µg (7.36%), Vitamin B1: 0.11mg (7.16%), Copper: 0.14mg (7.14%), Iron: 1.26mg (6.99%), Vitamin B3: 1.31mg (6.54%), Vitamin B5: 0.65mg (6.47%), Vitamin D: 0.92µg (6.12%)