



Potato Fennel Gratin

 Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 1 pound fennel bulb with fronds
- ☐ 3 ounces gruyere cheese grated
- ☐ 2 pounds potato boiling
- ☐ 0.3 cup butter unsalted melted

Equipment

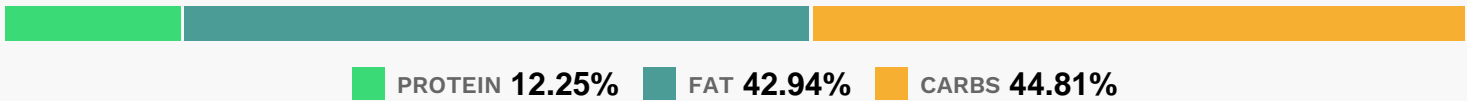
- ☐ bowl
- ☐ oven
- ☐ baking pan

- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 450°F with rack in lower third of oven. Butter a 2-quart shallow flameproof gratin pan or baking dish (not glass.)
- ☐ Cut fronds from fennel and chop enough to measure 1 tablespoon. Set aside.
- ☐ Cut off and discard stalks. Quarter fennel lengthwise and cut very thinly with slicer into a large bowl.
- ☐ Peel potatoes and cut very thinly with slicer into bowl.
- ☐ Add butter with 3/4 teaspoon salt and 1/4 teaspoon pepper and toss to coat.
- ☐ Transfer vegetables to gratin dish, spreading them out in an even layer, and cover tightly with foil.
- ☐ Bake 30 minutes, then reduce oven to 350°F and continue to bake until vegetables are tender, 20 to 25 minutes more.
- ☐ Remove from oven and remove foil, then sprinkle gratin evenly with cheese.
- ☐ Preheat broiler and broil gratin 4 to 5 inches from heat just until cheese is lightly golden 4 to 5 minutes.
- ☐ Let gratin stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:10.272173907446%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 191.72kcal (9.59%), Fat: 9.46g (14.55%), Saturated Fat: 5.74g (35.9%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 18.53g (6.74%), Sugar: 3.73g (4.15%), Cholesterol: 26.95mg (8.98%), Sodium: 126.58mg (5.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin K: 39.68µg (37.79%), Potassium: 761.01mg (21.74%), Vitamin C: 16.56mg (20.07%), Phosphorus: 163.54mg (16.35%), Calcium: 148.2mg (14.82%), Fiber: 3.69g (14.74%), Manganese: 0.27mg (13.51%), Vitamin B6: 0.23mg (11.41%), Copper: 0.19mg (9.7%), Magnesium: 38.56mg (9.64%), Folate: 37µg (9.25%), Vitamin B3: 1.68mg (8.4%), Vitamin A: 361.97IU (7.24%), Iron: 1.26mg (7.01%), Vitamin B1: 0.1mg (6.95%), Zinc: 0.91mg (6.06%), Vitamin B5: 0.52mg (5.15%), Vitamin B2: 0.09mg (5.02%), Selenium: 2.58µg (3.68%), Vitamin E: 0.53mg (3.56%), Vitamin B12: 0.18µg (3.04%), Vitamin D: 0.17µg (1.13%)