



Potato-Gorgonzola Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled cut into 1/8-inch-thick slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2.5 cups skim milk fat-free
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 3 ounces cheese blue crumbled
- ☐ 1.5 ounces parmesan grated
- ☐ 1.5 teaspoons salt

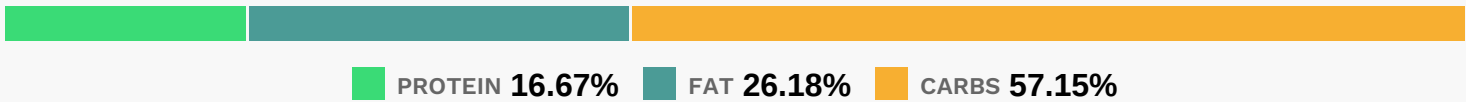
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Melt butter in a small saucepan over medium-high heat.
- ☐ Add flour, and cook 2 minutes, stirring constantly with a whisk. Stir in the thyme. Gradually add milk, stirring with a whisk; cook over medium heat until slightly thick (about 3 minutes), stirring constantly. Stir in the Gorgonzola; cook 3 minutes or until cheese melts, stirring constantly. Stir in salt and pepper.
- ☐ Remove from heat.
- ☐ Arrange one-fourth of potatoes in bottom of a 13 x 9-inch baking dish coated with cooking spray; spoon about 3/4 cup sauce over potatoes. Repeat layers twice; arrange remaining potatoes over sauce.
- ☐ Sprinkle with Parmigiano-Reggiano. Cover and bake at 375 for 30 minutes. Uncover and bake an additional 40 minutes or until potatoes are tender.
- ☐ Remove from oven; let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:26.85, Inflammation Score:-6, Nutrition Score:12.143478266571%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 252.81kcal (12.64%), Fat: 7.49g (11.52%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 34.47g (12.53%), Sugar: 5.03g (5.58%), Cholesterol: 21.41mg (7.14%), Sodium: 705.92mg (30.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.47%), Vitamin B6: 0.66mg (32.8%), Phosphorus: 257.24mg (25.72%), Potassium: 875.06mg (25%), Calcium: 244.99mg (24.5%), Manganese: 0.3mg (15.04%), Vitamin B1: 0.21mg (13.75%), Magnesium: 54.2mg (13.55%), Vitamin B2: 0.23mg (13.46%), Vitamin C: 10.1mg (12.24%), Vitamin B12: 0.64µg (10.72%), Vitamin B3: 2.12mg (10.59%), Vitamin B5: 1.01mg (10.09%), Iron: 1.7mg (9.46%), Copper: 0.19mg (9.43%), Fiber: 2.33g (9.3%), Zinc: 1.29mg (8.62%), Folate: 34.06µg (8.52%), Selenium: 5.78µg (8.26%), Vitamin A: 380.2IU (7.6%), Vitamin D: 0.92µg (6.15%), Vitamin K: 3.76µg (3.58%)