



Potato Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 garlic clove peeled halved
- 2 ounces gruyere cheese shredded
- 0.3 teaspoon kosher salt
- 1 Dash grating nutmeg whole grated
- 1 ounce parmesan fresh grated
- 2 tablespoons shallots minced
- 1 tablespoon butter unsalted softened

- 2.5 cups milk whole
- 2 pounds yukon gold potatoes peeled cut into 1/8-inch-thick slices

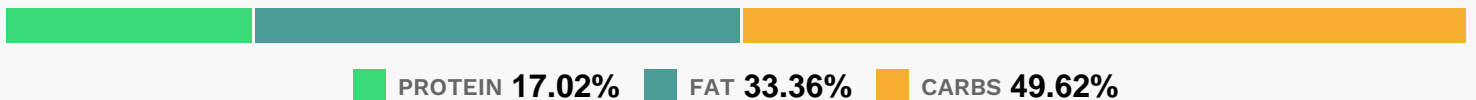
Equipment

- oven
- baking pan
- broiler

Directions

- Preheat oven to 37
- Rub a broiler-safe 11 x 7-inch baking dish with garlic; discard garlic. Coat dish with butter.
- Combine milk and next 5 ingredients (through potatoes) in a skillet; bring to a simmer. Cook 8 minutes or until potatoes are almost tender. Spoon potato mixture into prepared baking dish.
- Sprinkle with cheeses.
- Bake at 375 for 35 minutes.
- Preheat broiler. Broil 3 minutes or until golden.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:38.84, Glycemic Load:16.06, Inflammation Score:-4, Nutrition Score:9.8439130912656%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 191.95kcal (9.6%), Fat: 7.22g (11.1%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 21.53g (7.83%), Sugar: 4.84g (5.38%), Cholesterol: 23.12mg (7.71%), Sodium: 216.41mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.57%), Vitamin C: 22.66mg (27.47%), Calcium:

223.51mg (22.35%), Phosphorus: 211.98mg (21.2%), Vitamin B6: 0.4mg (20.19%), Potassium: 612.34mg (17.5%), Fiber: 2.62g (10.5%), Vitamin B2: 0.17mg (10.28%), Manganese: 0.2mg (10.19%), Magnesium: 40.33mg (10.08%), Vitamin B12: 0.57µg (9.51%), Vitamin B1: 0.14mg (9.46%), Zinc: 1.03mg (6.9%), Vitamin B5: 0.69mg (6.88%), Copper: 0.13mg (6.62%), Vitamin B3: 1.3mg (6.52%), Vitamin D: 0.93µg (6.17%), Iron: 0.97mg (5.4%), Selenium: 3.72µg (5.31%), Vitamin A: 264.99IU (5.3%), Folate: 20.12µg (5.03%), Vitamin K: 2.89µg (2.75%)