



Potato Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 2 cups 3%-less-sodium low-sodium canned
- ☐ 1 large onion thinly sliced
- ☐ 2 pound baking potatoes peeled sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 teaspoon thyme leaves
- ☐ 2 tablespoons butter unsalted

Equipment

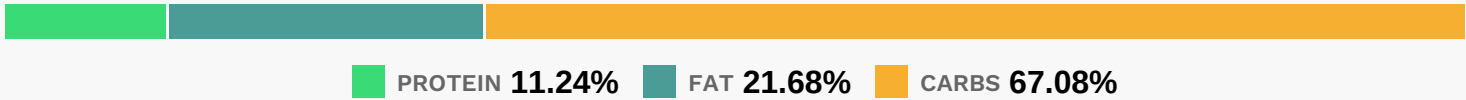
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 37
- ☐ Melt the butter in a medium saucepan.
- ☐ Add the onion and thyme, season with salt and pepper and cook until softened.
- ☐ Generously butter a 9-by-13-inch glass baking dish.
- ☐ Spread half of the potatoes in the baking dish and season well with salt and pepper.
- ☐ Spread the onions on top and cover with the remaining potatoes. Season well with salt and pepper.
- ☐ Pour the hot stock over the potatoes and press gently to even them out.
- ☐ Bake in the top third of the oven for 1 hour, or until tender throughout and crisp on top.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:33.03, Inflammation Score:-7, Nutrition Score:11.850869678933%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 263.74kcal (13.19%), Fat: 6.61g (10.17%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 46.03g (15.34%), Net Carbohydrates: 42.37g (15.41%), Sugar: 3.15g (3.5%), Cholesterol: 15.05mg (5.02%), Sodium: 242.84mg (10.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Vitamin B6: 0.84mg (42.06%), Potassium: 1106.74mg (31.62%), Manganese: 0.41mg (20.69%), Vitamin B3: 4.02mg (20.1%), Vitamin C: 16.5mg (20%), Phosphorus: 173.22mg (17.32%), Copper: 0.31mg (15.62%), Fiber: 3.66g (14.62%), Magnesium: 58.04mg

(14.51%), Vitamin B1: 0.2mg (13.59%), Iron: 2.37mg (13.15%), Folate: 39.31µg (9.83%), Vitamin B5: 0.74mg (7.39%), Vitamin B2: 0.13mg (7.36%), Zinc: 0.86mg (5.7%), Calcium: 46.65mg (4.67%), Vitamin K: 4.72µg (4.5%), Vitamin A: 201.7IU (4.03%), Vitamin B12: 0.13µg (2.17%), Selenium: 1.17µg (1.66%), Vitamin E: 0.19mg (1.28%)