

Potato Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

SIDE DISH

Ingredients

- 2.5 pounds yukon gold potatoes
- 1 garlic clove halved
- 1.5 cups cup heavy whipping cream
- 1 cup milk whole
- 0.3 teaspoon nutmeg freshly grated
- 1 serving salt and pepper freshly ground
- 1 cup gruyere cheese grated

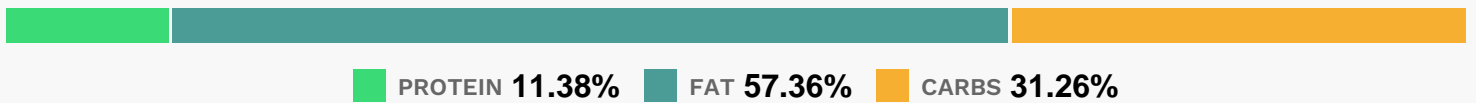
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 375 degrees. Peel potatoes, and place in a bowl of water to prevent discoloring. Rub inside of a 9-by-12-inch oval baking dish with cut sides of garlic.
- Heat cream, milk, nutmeg, and 1 1/2 teaspoons salt in a medium saucepan over medium heat until bubbles form around edge. Season with pepper.
- Remove from heat.
- Meanwhile, slice potatoes 1/8 inch thick; transfer to a bowl.
- Pour warm cream mixture over top.
- Mix well, using your hands to separate and coat potatoes, and transfer to prepared dish. Gently push potatoes down, and pour cream mixture from bowl over top.
- Sprinkle with Gruyere.
- Bake (with a baking sheet placed on the rack below to catch drips) until potatoes are fork tender and top is bubbling and brown, about 1 hour and 15 minutes.

Nutrition Facts



Properties

Glycemic Index:36.96, Glycemic Load:24.95, Inflammation Score:-7, Nutrition Score:16.124347873356%

Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 464.27kcal (23.21%), Fat: 30.09g (46.29%), Saturated Fat: 18.67g (116.69%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 32.71g (11.89%), Sugar: 5.28g (5.86%), Cholesterol: 96.32mg (32.1%), Sodium: 232.33mg (10.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.87%), Vitamin C: 37.75mg (45.75%), Calcium: 335.25mg (33.52%), Phosphorus: 317.35mg (31.74%), Vitamin B6: 0.63mg (31.37%), Potassium: 933.33mg (26.67%), Vitamin A: 1153IU (23.06%), Vitamin B2: 0.29mg (17.08%), Fiber: 4.19g (16.74%), Manganese: 0.31mg (15.3%), Magnesium: 60.71mg (15.18%), Vitamin B1: 0.2mg (13.36%), Zinc: 1.72mg (11.49%), Vitamin B12: 0.67µg (11.11%), Copper: 0.22mg (11.02%), Vitamin B3: 2.1mg (10.5%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.99mg (9.89%), Selenium: 6.39µg (9.12%), Iron: 1.58mg (8.79%), Folate: 34.9µg (8.72%), Vitamin K: 6.22µg (5.92%), Vitamin E: 0.65mg (4.32%)