



Potato Gratin in Garlic Cream

READY IN



45 min.

SERVINGS



12

CALORIES



489 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic bulb
- ☐ 3 pounds new potatoes cut into 1/4-inch-thick slices
- ☐ 6 ounce container parmesan cheese divided grated
- ☐ 6 ounce parmesan cheese divided grated
- ☐ 2 teaspoons pepper divided freshly ground
- ☐ 2 teaspoons salt divided
- ☐ 1 quart whipping cream

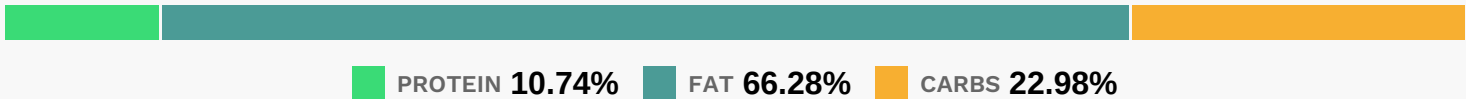
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cut off and discard pointed tip of garlic bulb, place bulb on a piece of aluminum foil. Fold foil to seal.
- ☐ Bake at 400 for 1 hour. Cool. Squeeze pulp into a large bowl; stir in whipping cream.
- ☐ Whisk in flour. Set aside.
- ☐ Layer half of potatoes in a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with 1 teaspoon salt, 1 teaspoon pepper, 1/4 teaspoon nutmeg, and half of cheese. Repeat procedure with remaining potatoes, salt, pepper, and nutmeg.
- ☐ Place baking dish on a jellyroll pan.
- ☐ Pour whipping cream mixture over potatoes.
- ☐ Bake, covered, at 400 for 30 minutes.
- ☐ Remove cover; sprinkle with remaining half of cheese.
- ☐ Bake 30 more minutes or until potatoes are tender.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:16.48, Inflammation Score:-7, Nutrition Score:13.624347728232%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 488.65kcal (24.43%), Fat: 36.56g (56.24%), Saturated Fat: 22.57g (141.08%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 25.83g (9.39%), Sugar: 3.22g (3.58%), Cholesterol: 113.78mg (37.93%), Sodium: 911.97mg (39.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Calcium: 318.96mg (31.9%), Phosphorus: 294.77mg (29.48%), Vitamin A: 1408.62IU (28.17%), Vitamin C: 22.89mg (27.75%), Selenium: 13.86µg (19.8%), Vitamin B6: 0.39mg (19.53%), Vitamin B2: 0.3mg (17.67%), Potassium: 613.72mg (17.53%), Manganese: 0.27mg (13.49%), Zinc: 1.78mg (11.85%), Magnesium: 42.93mg (10.73%), Fiber: 2.68g (10.71%), Vitamin B1: 0.14mg (9.48%), Vitamin D: 1.4µg (9.36%), Vitamin B12: 0.51µg (8.48%), Copper: 0.15mg (7.65%), Vitamin B3: 1.48mg (7.39%), Folate: 29.42µg (7.35%), Iron: 1.29mg (7.18%), Vitamin B5: 0.65mg (6.5%), Vitamin E: 0.89mg (5.91%), Vitamin K: 5.72µg (5.45%)