



Potato Gratin With Chicken Broth, Garlic and Thyme

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



142 kcal

SIDE DISH

Ingredients

- 3 cups cartoned chicken broth canned
- 6 garlic cloves peeled
- 0.5 cup olive oil extra-virgin
- 12 servings salt and pepper black freshly ground
- 4 pounds starchy potatoes such as russets, peeled
- 1.5 teaspoons thyme leaves dried

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- Adjust oven rack to lowest position.
- Heat oven to 350 degrees.
- With motor running, drop garlic through the feeder tube of a food processor to mince. Scrape down sides of bowl. With motor running, add oil through feeder tube; continue to process.
- Transfer to a small bowl, stir in thyme and set aside. Switch to the slicing blade and slice the potatoes (or thinly slice them with a knife).
- Brush a little of the garlic oil over the bottom of a 9-by-13-inch (or similar size) baking dish. Make 4 layers in this order: potatoes, a generous brushing of the oil, a sprinkling of salt and pepper. Slowly add broth at one corner to avoid washing off garlic and herbs.
- Bake until most of the broth has been absorbed, about 45 minutes. To brown, move pan to middle rack and broil until spotty brown, about 5 minutes.
- Let rest so potatoes continue to absorb liquid, about 10 minutes. May be made ahead, held at room temperature while roast cooks, then reheated.

Nutrition Facts



PROTEIN 10.2% **FAT 12.67%** **CARBS 77.13%**

Properties

Glycemic Index:15.98, Glycemic Load:21.65, Inflammation Score:-4, Nutrition Score:7.0426086349332%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 141.62kcal (7.08%), Fat: 2.06g (3.17%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 26.14g (9.51%), Sugar: 1.21g (1.34%), Cholesterol: 1.17mg (0.39%), Sodium: 225.86mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin B6: 0.54mg (27.07%), Potassium: 649.95mg (18.57%), Manganese: 0.31mg (15.33%), Vitamin C: 9.49mg (11.5%), Vitamin B1: 0.14mg (9.3%), Magnesium: 36.31mg (9.08%), Phosphorus: 88.23mg (8.82%), Copper: 0.17mg (8.59%), Vitamin B3: 1.71mg (8.55%), Fiber: 2.06g (8.23%), Iron: 1.43mg (7.95%), Folate: 21.34µg (5.34%), Vitamin B2: 0.09mg (5.15%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 3.99µg (3.8%), Zinc: 0.5mg (3.35%), Calcium: 26.19mg (2.62%), Vitamin E: 0.3mg (2%), Selenium: 1.06µg (1.51%)