



## Potato Gratin with Chipotle Sauce

 Vegetarian

READY IN



74 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black
- 1 chipotle chile in adobo sauce canned drained chopped
- 0.3 cup flour all-purpose
- 2 garlic cloves minced
- 0.5 teaspoon ground cumin
- 2.5 cups milk 1% low-fat
- 8 ounces monterrey jack cheese shredded
- 2 teaspoons olive oil

- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 3 pounds yukon gold potatoes (10 medium)

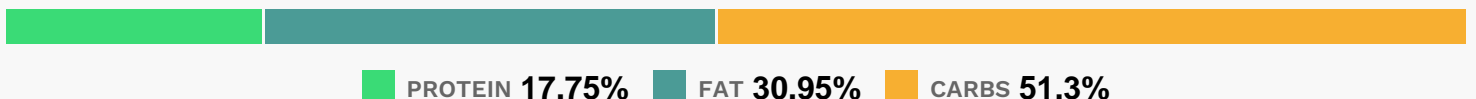
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- microwave

## Directions

- Preheat oven to 350
- . Pierce potatoes with a fork. Microwave at HIGH 12 to 15 minutes or until tender; cool slightly and cut into 1/2-inch slices.
- Layer potato slices in a 13 x 9-inch baking dish coated with cooking spray.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion and garlic; saut 5 minutes or until soft. Spoon onion mixture over potatoes.
- Place flour in a small bowl; gradually add milk, stirring with a whisk until blended.
- Pour mixture into pan, and cook over medium-high heat 2 minutes or until thick, stirring constantly.
- Add cheese and next 4 ingredients; stir until cheese melts.
- Pour cheese mixture over potato mixture.
- Bake at 350 for 35 minutes or until bubbly.
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:34.97, Glycemic Load:24.97, Inflammation Score:-6, Nutrition Score:15.194347920625%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

## Nutrients (% of daily need)

Calories: 303.22kcal (15.16%), Fat: 10.54g (16.21%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 35.02g (12.73%), Sugar: 5.7g (6.33%), Cholesterol: 28.92mg (9.64%), Sodium: 355.3mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Vitamin C: 34.49mg (41.81%), Calcium: 330.8mg (33.08%), Phosphorus: 309.18mg (30.92%), Vitamin B6: 0.59mg (29.64%), Potassium: 882.62mg (25.22%), Vitamin B2: 0.3mg (17.53%), Fiber: 4.28g (17.14%), Manganese: 0.34mg (16.95%), Vitamin B1: 0.23mg (15.35%), Magnesium: 58.53mg (14.63%), Selenium: 8.1µg (11.57%), Zinc: 1.73mg (11.53%), Vitamin B12: 0.69µg (11.42%), Folate: 45.27µg (11.32%), Vitamin B3: 2.23mg (11.17%), Iron: 1.95mg (10.82%), Copper: 0.21mg (10.46%), Vitamin B5: 0.87mg (8.7%), Vitamin A: 368.25IU (7.37%), Vitamin D: 0.98µg (6.54%), Vitamin K: 4.79µg (4.57%), Vitamin E: 0.26mg (1.73%)