



## Potato Gratin with Duxelles

 **Gluten Free**

READY IN



**90 min.**

SERVINGS



**10**

CALORIES



**131 kcal**

**SIDE DISH**

### Ingredients

- 2 pounds baking potato peeled ()
- 0.3 teaspoon pepper black
- 0.8 teaspoon thyme sprigs fresh chopped
- 1 teaspoon garlic minced
- 2 ounces parmesan cheese divided grated
- 1 teaspoon salt
- 2.5 cups milk whole
- 0.8 cup duxelles

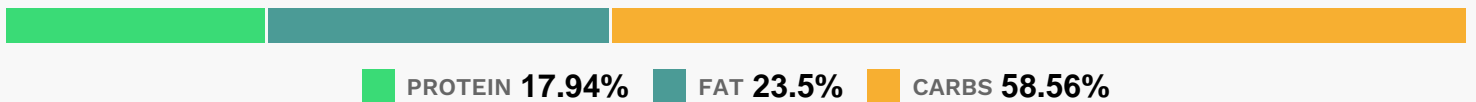
## Equipment

- bowl
- sauce pan
- oven
- sieve
- baking pan

## Directions

- Preheat oven to 37
- Combine first 6 ingredients in a medium saucepan over medium heat; bring to a boil. Reduce heat, and simmer 10 minutes, stirring frequently.
- Drain potatoes through a sieve over a bowl; reserve potatoes and liquid.
- Arrange half of potatoes in an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- Spread Duxelles evenly over potatoes; sprinkle with 1/4 cup cheese. Top with remaining potatoes.
- Pour the reserved cooking liquid over potatoes; sprinkle with remaining 1/4 cup cheese.
- Bake at 375 for 50 minutes or until cheese begins to brown.
- Let stand 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:14.07, Inflammation Score:0, Nutrition Score:6.6773912582708%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 131.22kcal (6.56%), Fat: 3.49g (5.38%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 18.37g (6.68%), Sugar: 3.55g (3.94%), Cholesterol: 11.18mg (3.73%), Sodium: 351.17mg (15.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin B6: 0.36mg (17.99%), Calcium: 155.47mg (15.55%), Phosphorus: 151.55mg (15.16%), Potassium: 477.84mg (13.65%), Manganese: 0.16mg (8.03%), Vitamin B2: 0.13mg (7.89%), Magnesium: 31.09mg (7.77%), Vitamin B1: 0.11mg (7.43%), Vitamin C: 5.5mg (6.67%), Vitamin B12: 0.4µg (6.62%), Vitamin B5: 0.53mg (5.29%), Vitamin B3: 1.02mg (5.12%), Copper: 0.1mg (4.92%), Fiber: 1.22g (4.88%), Iron: 0.86mg (4.8%), Vitamin D: 0.7µg (4.66%), Zinc: 0.68mg (4.51%), Selenium: 2.84µg (4.06%), Folate: 13.18µg (3.3%), Vitamin A: 151.44IU (3.03%), Vitamin K: 2µg (1.9%)