



## Potato Gratin with Goat Cheese and Garlic

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

### Ingredients

- 1 garlic clove minced
- 1 cup goat cheese fresh crumbled soft (such as Montrachet; 5 ounces)
- 0.1 teaspoon nutmeg
- 0.8 teaspoon pepper black
- 1.5 teaspoons salt
- 1 cup whipping cream
- 1 cup milk whole
- 2 pounds yukon gold potatoes peeled thinly sliced

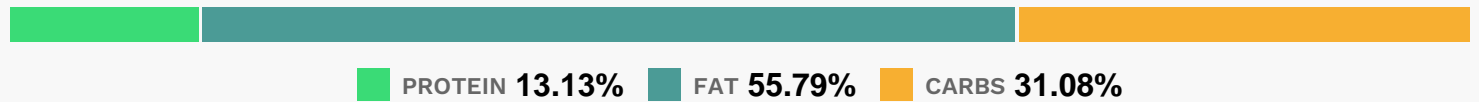
## Equipment

- bowl
- oven
- whisk
- glass baking pan

## Directions

- Preheat oven to 400°F. Generously butter 11x7x2-inch glass baking dish.
- Whisk first 7 ingredients in medium bowl to blend. Arrange 1/3 of potatoes in bottom of prepared dish, overlapping slightly and covering completely.
- Pour 1/3 of cream mixture over. Repeat layering potatoes and cream mixture 2 more times.
- Bake uncovered until potatoes are tender and top is golden brown in spots, about 1 hour 15 minutes.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:42.29, Glycemic Load:20.14, Inflammation Score:-7, Nutrition Score:13.702608782312%

## Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 377.16kcal (18.86%), Fat: 23.76g (36.55%), Saturated Fat: 15.45g (96.55%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 26.38g (9.59%), Sugar: 4.65g (5.17%), Cholesterol: 67.11mg (22.37%), Sodium: 755.97mg (32.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Vitamin C: 30.18mg (36.58%), Vitamin B6: 0.59mg (29.31%), Phosphorus: 248.36mg (24.84%), Copper: 0.45mg (22.54%), Potassium: 750.65mg (21.45%), Vitamin A: 1044.28IU (20.89%), Vitamin B2: 0.32mg (19.05%), Manganese: 0.31mg (15.71%), Calcium: 149.76mg (14.98%), Fiber: 3.41g (13.64%), Magnesium: 49.13mg (12.28%), Vitamin B1: 0.18mg (11.97%), Iron:

1.98mg (10.98%), Vitamin B5: 0.96mg (9.64%), Vitamin B3: 1.83mg (9.16%), Vitamin D: 1.23µg (8.22%), Folate: 30.41µg (7.6%), Zinc: 1.06mg (7.06%), Vitamin B12: 0.35µg (5.92%), Vitamin K: 5.36µg (5.11%), Selenium: 3.56µg (5.09%), Vitamin E: 0.47mg (3.14%)