



Potato Gratin with Goat Cheese and Garlic

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 4 ounces goat cheese crumbled
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 cup half and half divided
- ☐ 1 cup milk 1% low-fat
- ☐ 1 teaspoon salt

☐ 2.5 pounds yukon gold potatoes peeled thinly sliced

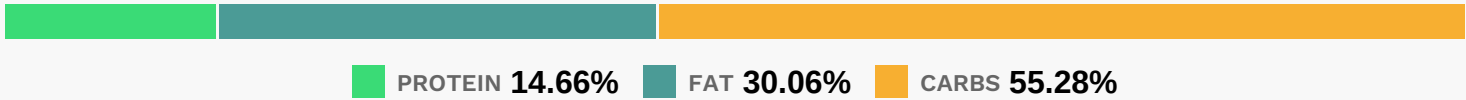
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine 2 tablespoons half-and-half with flour in a large bowl, stirring with a whisk.
- ☐ Add the remaining half-and-half, cheese, and next 5 ingredients (cheese through garlic), stirring with a whisk. Arrange half of the potato slices in a single layer in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Pour half of the milk mixture over potato slices, stirring the milk mixture immediately before adding. Repeat procedure with remaining potato slices and milk mixture.
- ☐ Bake at 400 for 1 hour and 10 minutes or until potatoes are tender and golden brown.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:16.63, Inflammation Score:-4, Nutrition Score:9.1821739258973%

Flavonoids

Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 180.88kcal (9.04%), Fat: 6.14g (9.44%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 22.55g (8.2%), Sugar: 3.52g (3.91%), Cholesterol: 16.52mg (5.51%), Sodium: 339.05mg (14.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.47%), Vitamin C: 25.17mg (30.51%), Vitamin B6:

0.44mg (21.87%), Potassium: 615.51mg (17.59%), Phosphorus: 158.36mg (15.84%), Manganese: 0.24mg (12.02%), Copper: 0.24mg (11.79%), Fiber: 2.85g (11.4%), Vitamin B2: 0.18mg (10.7%), Calcium: 96.25mg (9.62%), Magnesium: 37.44mg (9.36%), Vitamin B1: 0.14mg (9.34%), Vitamin B3: 1.49mg (7.47%), Iron: 1.3mg (7.22%), Vitamin B5: 0.64mg (6.39%), Folate: 24.59µg (6.15%), Vitamin A: 280.23IU (5.6%), Zinc: 0.71mg (4.75%), Vitamin B12: 0.23µg (3.92%), Selenium: 2.48µg (3.54%), Vitamin K: 3.28µg (3.12%), Vitamin D: 0.34µg (2.26%)