



WHATSheATE



Potato Gratin with Gruyère and Crème Fraîche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups crème fraîche
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 3 pounds russet potatoes peeled cut into 1/8-inch-thick rounds

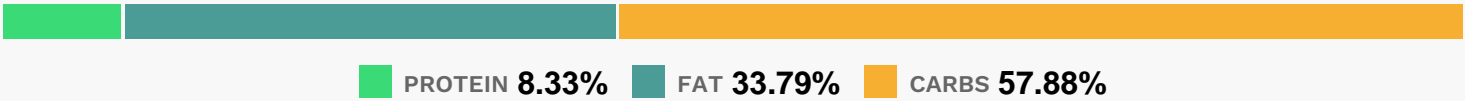
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F. Generously butter 13x9x2-inch glass baking dish. Arrange half of potato slices in bottom of prepared dish, overlapping slightly.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Spread half of crème fraîche over potatoes and sprinkle with half of cheese. Top with remaining potatoes, overlapping slightly; sprinkle generously with salt and pepper.
- ☐ Spread with remaining crème fraîche; sprinkle with remaining cheese.
- ☐ Bake gratin uncovered 30 minutes. Reduce oven temperature to 350°F. Continue to bake gratin until potatoes are tender and top is golden brown, about 45 minutes.
- ☐ Remove from oven; let stand 10 minutes.
- ☐ Sprinkle with parsley and serve.
- ☐ * Available at some supermarkets. If unavailable, heat 1 1/2 cups whipping cream to lukewarm (85°F).
- ☐ Remove from heat and mix in 3 tablespoons buttermilk. Cover and let stand in warm draft-free area until slightly thickened, 24 to 48 hours, depending on temperature of room. Chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:24.18, Inflammation Score:-4, Nutrition Score:9.2921738417252%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 220.12kcal (11.01%), Fat: 8.51g (13.09%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 30.55g (11.11%), Sugar: 2.53g (2.82%), Cholesterol: 25.44mg (8.48%), Sodium: 22.43mg (0.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin B6: 0.61mg (30.27%), Potassium: 768.75mg (21.96%), Vitamin K: 20.11µg (19.15%), Vitamin C: 11.41mg (13.83%), Manganese: 0.27mg (13.67%),

Phosphorus: 126.91mg (12.69%), Magnesium: 43.93mg (10.98%), Vitamin B1: 0.15mg (9.93%), Copper: 0.18mg (9.22%), Vitamin B3: 1.81mg (9.07%), Fiber: 2.24g (8.98%), Iron: 1.55mg (8.64%), Vitamin B2: 0.13mg (7.62%), Vitamin A: 354.61IU (7.09%), Folate: 27.92µg (6.98%), Calcium: 67.05mg (6.7%), Vitamin B5: 0.66mg (6.61%), Zinc: 0.65mg (4.31%), Selenium: 2.28µg (3.25%), Vitamin B12: 0.09µg (1.51%), Vitamin E: 0.19mg (1.26%)