



WHATSheATE



Potato Gratin with Haricots Verts and Ham



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients



2 bay leaves



0.3 teaspoon pepper black freshly ground



0.5 cup deli ham smoked thinly sliced chopped



2 garlic cloves thinly sliced



0.1 teaspoon ground nutmeg



4 ounces gruyère cheese shredded



4 ounces haricots verts trimmed



3 cups milk 2% low-fat

- ☐ 2 pounds potatoes red thinly sliced
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients in a large saucepan over medium heat; bring to a boil, stirring constantly. Reduce heat; simmer 10 minutes, stirring frequently.
- ☐ Remove from heat, and let stand 10 minutes.
- ☐ Drain potatoes in a colander over a bowl, reserving 1 cup milk mixture. Discard bay leaves.
- ☐ Cook haricots verts in boiling water for 2 minutes or until crisp-tender. Rinse in cold water; drain.
- ☐ Arrange half of potatoes in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange haricots verts and ham over potatoes.
- ☐ Sprinkle with half of cheese, salt, and pepper. Top with remaining potatoes.
- ☐ Sprinkle with remaining cheese, salt, and pepper. Stir nutmeg into reserved milk mixture; pour over potatoes.
- ☐ Cover with foil; cut 3 (1-inch) slits in foil.
- ☐ Bake at 400 for 20 minutes. Uncover and bake an additional 20 minutes or until cheese begins to brown.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 **PROTEIN 23.37%**  **FAT 27.62%**  **CARBS 49.01%**

Properties

Glycemic Index:22.25, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:11.0700000010988%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 192.4kcal (9.62%), Fat: 6.01g (9.25%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 24g (8%), Net Carbohydrates: 21.64g (7.87%), Sugar: 6.39g (7.1%), Cholesterol: 25.12mg (8.37%), Sodium: 431.47mg (18.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Phosphorus: 277.57mg (27.76%), Calcium: 274.31mg (27.43%), Potassium: 730.65mg (20.88%), Vitamin B6: 0.29mg (14.37%), Vitamin C: 11.73mg (14.22%), Vitamin B12: 0.77µg (12.78%), Vitamin B2: 0.21mg (12.61%), Magnesium: 47.89mg (11.97%), Manganese: 0.22mg (10.97%), Vitamin B1: 0.16mg (10.94%), Zinc: 1.55mg (10.3%), Copper: 0.2mg (9.81%), Vitamin K: 9.97µg (9.5%), Fiber: 2.36g (9.42%), Vitamin A: 415.57IU (8.31%), Vitamin B3: 1.53mg (7.64%), Vitamin B5: 0.75mg (7.53%), Folate: 28.38µg (7.09%), Vitamin D: 1.06µg (7.06%), Selenium: 4.68µg (6.68%), Iron: 1.17mg (6.49%)