



Potato Gratin with Juniper Berries

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes peeled
- ☐ 1.5 cups bread crumbs fresh
- ☐ 3 tablespoons butter
- ☐ 1 cup chicken broth low-sodium homemade canned
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 8 juniper berries
- ☐ 1 teaspoon salt

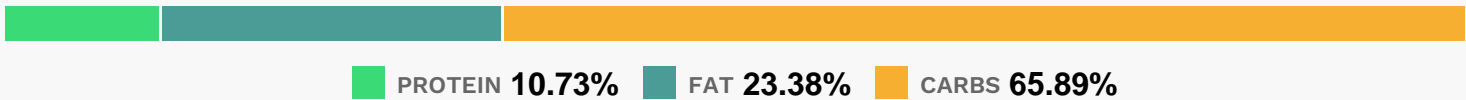
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 42
- ☐ Butter an 8-by-12-inch baking dish with 1/2 tablespoon of the butter. In a blender, puree 1/4 cup of the stock with the juniper berries.
- ☐ Put the mixture in a small saucepan with the remaining 3/4 cup stock; bring to a simmer.
- ☐ Layer half of the potatoes in the dish and top with the garlic, 1/2 teaspoon of the salt, and 1/8 teaspoon of the pepper. Dot with 1/2 tablespoon of the butter.
- ☐ Add the remaining potatoes to the dish and sprinkle with the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Pour the simmering broth over the potatoes. Dot with 1 tablespoon of the butter and cover the dish with aluminum foil.
- ☐ Bake the potatoes for 20 minutes.
- ☐ Remove the aluminum foil and bake 10 minutes longer.
- ☐ Meanwhile, in a small saucepan, melt the remaining 1 tablespoon butter and stir in the bread crumbs.
- ☐ Sprinkle them on the potatoes and continue baking until the potatoes are tender and the bread crumbs are golden, about 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:49.19, Glycemic Load:32.32, Inflammation Score:-6, Nutrition Score:17.057391384374%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 425.88kcal (21.29%), Fat: 11.24g (17.29%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 71.24g (23.75%), Net Carbohydrates: 66.42g (24.15%), Sugar: 4.01g (4.45%), Cholesterol: 22.58mg (7.53%), Sodium: 974.54mg (42.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Vitamin B6: 0.85mg (42.37%), Vitamin B1: 0.58mg (38.65%), Manganese: 0.76mg (37.91%), Potassium: 1083.17mg (30.95%), Vitamin B3: 5.85mg (29.27%), Iron: 4.06mg (22.57%), Phosphorus: 213.13mg (21.31%), Fiber: 4.82g (19.27%), Folate: 75.45µg (18.86%), Copper: 0.37mg (18.57%), Magnesium: 70.79mg (17.7%), Selenium: 11.33µg (16.19%), Vitamin C: 13.16mg (15.95%), Vitamin B2: 0.26mg (15.32%), Calcium: 110.75mg (11.07%), Vitamin B5: 0.92mg (9.24%), Zinc: 1.33mg (8.83%), Vitamin K: 7.71µg (7.34%), Vitamin A: 265.41IU (5.31%), Vitamin B12: 0.22µg (3.64%), Vitamin E: 0.3mg (2%)