



## Potato Gratin with Mixed Mushrooms

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



2680 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter divided
- 1 lb button and cremini mushrooms mixed fresh sliced
- 0.5 cup knudsen cream sour
- 3 Tbsp flour
- 8 oz italian\* five cheese blend shredded kraft finely
- 1.5 cups milk
- 2 Tbsp parmesan cheese grated kraft
- 0.3 tsp pepper

2.5 lb yukon gold potatoes peeled cut into 1/8-inch-thick slices ( 10)

## Equipment

frying pan

sauce pan

oven

whisk

## Directions

Heat oven to 375F.

Melt 1 Tbsp. butter in large skillet on medium-high heat.

Add mushrooms; cook 6 min. or until tender, stirring frequently.

Meanwhile, melt 2 Tbsp. of the remaining butter in medium saucepan on medium heat.

Whisk in flour; cook and stir 1 min. Gradually whisk in milk, then sour cream; cook 4 min. or until thickened, stirring constantly. Stir in shredded cheese and pepper; cook 1 min. or until cheese is melted.

Grease 3-qt. casserole with remaining butter.

Layer 1/3 each of the potatoes and mushrooms in casserole; repeat layers twice. Cover with cheese sauce.

Sprinkle with Parmesan; cover.

Bake 1-1/2 hours or until potatoes are tender and top is golden brown, uncovering after 1 hour.

Let stand 10 min. before serving.

## Nutrition Facts



**PROTEIN 16.4%** **FAT 45.98%** **CARBS 37.62%**

## Properties

Glycemic Index:310.75, Glycemic Load:167.3, Inflammation Score:-10, Nutrition Score:76.798260896102%

## Flavonoids

Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

## Nutrients (% of daily need)

Calories: 2680.42kcal (134.02%), Fat: 142.34g (218.99%), Saturated Fat: 58.78g (367.36%), Carbohydrates: 262.01g (87.34%), Net Carbohydrates: 231.79g (84.29%), Sugar: 39.46g (43.84%), Cholesterol: 287.84mg (95.95%), Sodium: 1236.81mg (53.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 114.25g (228.5%), Vitamin C: 233.95mg (283.58%), Vitamin B6: 4.11mg (205.43%), Potassium: 6971.97mg (199.2%), Vitamin B2: 3.05mg (179.44%), Phosphorus: 1595.63mg (159.56%), Vitamin B3: 30.18mg (150.92%), Copper: 2.73mg (136.73%), Calcium: 1277.22mg (127.72%), Vitamin B5: 12.1mg (120.99%), Fiber: 30.22g (120.87%), Vitamin B1: 1.69mg (112.35%), Manganese: 2.2mg (110.06%), Selenium: 68.51µg (97.88%), Magnesium: 367.5mg (91.87%), Folate: 309.01µg (77.25%), Iron: 12.34mg (68.57%), Vitamin A: 2839.47IU (56.79%), Zinc: 8.17mg (54.5%), Vitamin B12: 2.63µg (43.85%), Vitamin D: 4.98µg (33.22%), Vitamin K: 29.4µg (28%), Vitamin E: 2.17mg (14.43%)