



Potato Gratin with Red Pepper Lattice

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 large eggs lightly beaten
- ☐ 2 garlic cloves minced
- ☐ 1 medium onion peeled cut in half
- ☐ 3 ounces parmesan cheese grated
- ☐ 3 medium bell peppers red
- ☐ 1 tablespoon teaspoon rosemary dried fresh chopped
- ☐ 0.8 teaspoon salt

- ☐ 3.3 cups skim milk
- ☐ 3 pounds yukon gold red cut into 1/4-inch slices

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

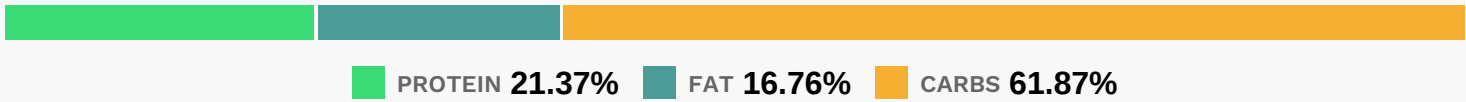
Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand.
- ☐ Place onion halves, cut sides up, on baking sheet. Broil 15 minutes or until peppers are blackened.
- ☐ Place peppers in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes; peel.
- ☐ Cut onion into slivers, and set aside.
- ☐ Preheat oven to 40
- ☐ Cut 4 pepper halves into strips; set aside. Chop remaining pepper halves.
- ☐ Combine chopped peppers, onion, potato, rosemary, salt, and garlic in a bowl; toss well.
- ☐ Arrange potato mixture in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine milk, black pepper, and eggs; stir well.
- ☐ Pour milk mixture over potato mixture.
- ☐ Sprinkle with cheese. Cover and bake at 400 for 1 hour and 15 minutes. Uncover and arrange pepper strips on top in a lattice pattern.

☐

Bake an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:17.591739074044%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 206.83kcal (10.34%), Fat: 3.95g (6.08%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 29.08g (10.58%), Sugar: 8.84g (9.82%), Cholesterol: 50.48mg (16.83%), Sodium: 427.7mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Vitamin C: 65.02mg (78.82%), Vitamin A: 1579.32IU (31.59%), Phosphorus: 292.11mg (29.21%), Potassium: 971.37mg (27.75%), Calcium: 263.26mg (26.33%), Vitamin B6: 0.48mg (23.99%), Vitamin B2: 0.29mg (16.87%), Manganese: 0.31mg (15.55%), Fiber: 3.75g (14.99%), Magnesium: 56.48mg (14.12%), Vitamin B1: 0.21mg (14.07%), Folate: 56.2µg (14.05%), Vitamin B12: 0.74µg (12.31%), Selenium: 8.32µg (11.89%), Copper: 0.23mg (11.59%), Vitamin B3: 2.29mg (11.44%), Vitamin B5: 1.11mg (11.05%), Zinc: 1.45mg (9.65%), Iron: 1.66mg (9.23%), Vitamin D: 1.27µg (8.45%), Vitamin K: 6.76µg (6.44%), Vitamin E: 0.78mg (5.22%)