



Potato, Ham, and Spinach Gratin

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 0.3 cup flour all-purpose
- 2 garlic cloves minced
- 3 ounces gruyère cheese shredded
- 4 ounces ham chopped reduced-fat
- 2 cups milk 1% low-fat
- 0.1 teaspoon nutmeg whole grated
- 2 teaspoons olive oil

- 1 teaspoon salt divided
- 0.5 cup shallots thinly sliced
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 2.5 pounds yukon gold potatoes ()

Equipment

- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- broiler

Directions

- Preheat oven to 37
- Heat oil in a small nonstick skillet over medium-high heat.
- Add shallots and garlic; saut 2 minutes or until tender.
- Remove from heat; stir in ham, 1/4 teaspoon salt, 1/4 teaspoon pepper, nutmeg, and spinach.
- Combine milk, flour, 1/2 teaspoon pepper, and 1/4 teaspoon salt, stirring with a whisk.
- Arrange half of potato slices in an 8-inch square baking pan coated with cooking spray; sprinkle with 1/4 teaspoon salt.
- Spread spinach mixture over potato slices. Arrange remaining potato slices over spinach mixture; pour milk mixture over top.
- Sprinkle with 1/4 teaspoon salt. Cover with foil coated with cooking spray.
- Bake at 375 for 1 hour and 15 minutes or until potato is tender. Uncover and sprinkle with cheese; bake an additional 15 minutes.
- Preheat broiler.
- Broil gratin for 2 minutes or until cheese is lightly browned.

Nutrition Facts



■ PROTEIN **19.9%** ■ FAT **26.13%** ■ CARBS **53.97%**

Properties

Glycemic Index:40.09, Glycemic Load:21.71, Inflammation Score:-10, Nutrition Score:24.566086893496%

Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 263.34kcal (13.17%), Fat: 7.79g (11.98%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 31.37g (11.41%), Sugar: 5.5g (6.11%), Cholesterol: 23.43mg (7.81%), Sodium: 594.65mg (25.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.69%), Vitamin K: 135.92µg (129.45%), Vitamin A: 4376.31IU (87.53%), Vitamin C: 31.29mg (37.93%), Vitamin B6: 0.64mg (32.01%), Manganese: 0.59mg (29.44%), Phosphorus: 269.59mg (26.96%), Potassium: 922.97mg (26.37%), Calcium: 254.12mg (25.41%), Folate: 91.37µg (22.84%), Vitamin B1: 0.32mg (21.57%), Magnesium: 77.6mg (19.4%), Fiber: 4.83g (19.32%), Vitamin B2: 0.3mg (17.54%), Selenium: 10.61µg (15.16%), Vitamin B3: 2.73mg (13.64%), Iron: 2.38mg (13.2%), Copper: 0.25mg (12.28%), Zinc: 1.71mg (11.43%), Vitamin B12: 0.62µg (10.35%), Vitamin B5: 0.86mg (8.63%), Vitamin E: 1.29mg (8.6%), Vitamin D: 0.81µg (5.41%)