



Potato-Horseradish Gratin with Caramelized Onions

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baking potatoes
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup butter
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 2 cups half-and-half
- ☐ 0.5 cup horseradish cream-style
- ☐ 2 large onions thinly sliced

- ☐ 1 teaspoon pepper divided
- ☐ 1 teaspoon salt divided
- ☐ 1 teaspoon sugar
- ☐ 4 ounces swiss cheese shredded

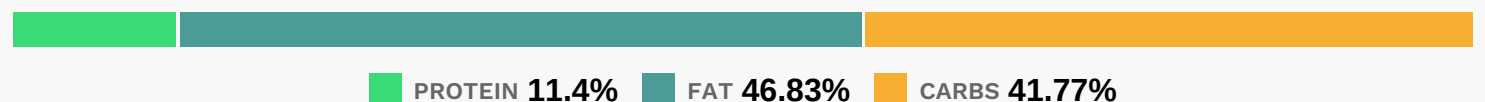
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook potatoes in boiling water to cover 20 minutes or until almost tender.
- ☐ Drain and cool slightly. Peel potatoes, and cut into 1/4-inch-thick slices. Arrange potato slices in a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Stir together half-and-half and horseradish, and pour over potato.
- ☐ Bake, covered, at 400 for 40 minutes.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper; cook, stirring occasionally, 20 minutes; add sugar, and cook, stirring occasionally, 5 to 8 minutes or until onion is caramel colored.
- ☐ Stir in vinegar, and cook 2 minutes or until liquid evaporates.
- ☐ Remove from heat, and cool 5 minutes. Fold in cheese and 2 tablespoons parsley.
- ☐ Uncover potato; top with onion mixture. Reduce temperature to 35
- ☐ Bake at 350 for 30 minutes.
- ☐ Let stand 5 minutes; sprinkle with remaining 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:44.73, Glycemic Load:21.96, Inflammation Score:-7, Nutrition Score:13.54956514939%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 325.13kcal (16.26%), Fat: 17.34g (26.68%), Saturated Fat: 8.09g (50.56%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 31.7g (11.53%), Sugar: 6.98g (7.76%), Cholesterol: 34.36mg (11.45%), Sodium: 493.86mg (21.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin K: 35.04µg (33.37%), Vitamin B6: 0.59mg (29.41%), Phosphorus: 235.82mg (23.58%), Calcium: 232.89mg (23.29%), Potassium: 791.66mg (22.62%), Vitamin C: 17.64mg (21.38%), Manganese: 0.33mg (16.47%), Vitamin A: 747.35IU (14.95%), Vitamin B2: 0.23mg (13.28%), Magnesium: 52.95mg (13.24%), Fiber: 3.1g (12.4%), Selenium: 7.39µg (10.56%), Vitamin B1: 0.16mg (10.47%), Folate: 41.57µg (10.39%), Zinc: 1.48mg (9.87%), Copper: 0.19mg (9.42%), Vitamin B12: 0.55µg (9.17%), Iron: 1.57mg (8.71%), Vitamin B3: 1.67mg (8.36%), Vitamin B5: 0.74mg (7.39%), Vitamin E: 0.5mg (3.31%)