



Potato, Leek, and Ham Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 1 Dash ground nutmeg
- ☐ 6 ounces gruyère cheese shredded
- ☐ 0.8 pound 3%-less-sodium ham diced
- ☐ 4 cups leek thinly sliced (4 large)
- ☐ 2 cups milk 1% low-fat

- ☐ 1 teaspoon vegetable oil
- ☐ 8 large yukon gold potatoes peeled cut into 1/4-inch-thick slices (2 3/4 pounds)

Equipment

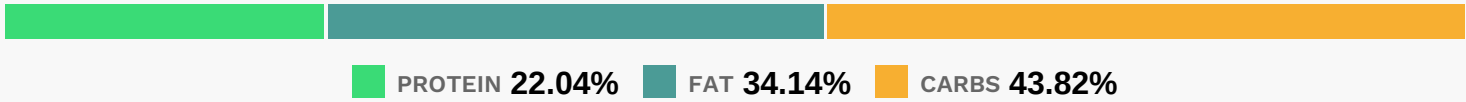
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Place potatoes in a Dutch oven, and cover with water. Bring to a boil; remove from heat.
- ☐ Drain; set aside.
- ☐ Heat pan over medium heat. Coat pan with cooking spray.
- ☐ Add leek and oil, stirring to coat leek. Cover and cook 10 minutes or until the leek is tender.
- ☐ Remove from pan; set aside.
- ☐ Add broth, mustard, pepper, and nutmeg to pan, stirring with a whisk until well blended. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a medium bowl; gradually add milk, stirring with a whisk to form a slurry.
- ☐ Add slurry to broth mixture, stirring to combine; bring to a boil. Reduce heat, and simmer 3 minutes or until mixture thickens, stirring constantly.
- ☐ Pour 1 cup milk mixture into bottom of a 13 x 9-inch baking dish coated with cooking spray; arrange 2 1/3 cups potatoes over milk mixture. Top potatoes with 1 1/2 cups ham and 1 cup leek; sprinkle with 1/2 cup cheese. Repeat layers once, ending with cheese, and top with remaining potatoes.
- ☐ Pour the remaining milk mixture over potatoes; sprinkle with remaining cheese.

- ☐ Bake at 375 for 45 minutes or until bubbly and golden brown.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.47, Glycemic Load:22.29, Inflammation Score:-7, Nutrition Score:18.446956302809%

Flavonoids

Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 330.67kcal (16.53%), Fat: 12.6g (19.39%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.43g (11.79%), Sugar: 5.01g (5.56%), Cholesterol: 42.16mg (14.05%), Sodium: 777.78mg (33.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.63%), Vitamin C: 31.08mg (37.67%), Vitamin B6: 0.67mg (33.35%), Phosphorus: 329.58mg (32.96%), Vitamin B1: 0.43mg (28.67%), Calcium: 276.02mg (27.6%), Potassium: 848.58mg (24.25%), Selenium: 16.09µg (22.98%), Manganese: 0.46mg (22.89%), Vitamin K: 20.8µg (19.81%), Vitamin B3: 3.81mg (19.03%), Vitamin A: 852.44IU (17.05%), Vitamin B2: 0.29mg (16.79%), Fiber: 3.96g (15.86%), Magnesium: 63.04mg (15.76%), Folate: 60.4µg (15.1%), Vitamin B12: 0.87µg (14.48%), Zinc: 2.17mg (14.45%), Iron: 2.54mg (14.13%), Copper: 0.25mg (12.26%), Vitamin B5: 0.97mg (9.65%), Vitamin D: 0.86µg (5.73%), Vitamin E: 0.57mg (3.81%)