



Potato-Leek Gratin

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled thinly sliced
- ☐ 3 tablespoons butter
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 8 ounces cheese blend shredded italian
- ☐ 2 teaspoons kosher salt

- ☐ 3 medium leeks thinly sliced
- ☐ 3.5 cups milk
- ☐ 1 teaspoon pepper freshly ground

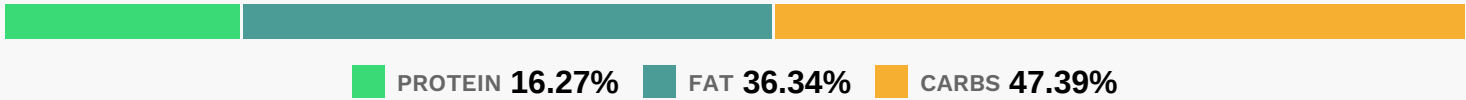
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Melt butter in a 3-quart saucepan over medium heat; add leeks, and saut 5 minutes or until tender (do not brown).
- ☐ Add garlic; saut 1 minute.
- ☐ Whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk. Stir in 2 teaspoons salt and next 3 ingredients.
- ☐ Cook over medium heat, whisking constantly, until mixture thickens.
- ☐ Remove from heat; stir in cheese until melted and smooth.
- ☐ Layer half of potatoes in a lightly greased 13- x 9-inch baking dish; pour half of sauce evenly over potatoes in dish. Repeat layers, ending with sauce.
- ☐ Bake, uncovered, at 375 for 50 minutes or until potatoes are golden brown and fork tender, shielding with aluminum foil to prevent excessive browning, if necessary.
- ☐ Remove from oven, and let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:51.47, Glycemic Load:29.09, Inflammation Score:-7, Nutrition Score:14.68347837614%

Flavonoids

Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 360.18kcal (18.01%), Fat: 15.05g (23.16%), Saturated Fat: 5.89g (36.83%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 41.17g (14.97%), Sugar: 7.52g (8.36%), Cholesterol: 29.77mg (9.92%), Sodium: 725.05mg (31.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.33%), Vitamin B6: 0.75mg (37.3%), Potassium: 941.96mg (26.91%), Manganese: 0.51mg (25.27%), Calcium: 235.34mg (23.53%), Phosphorus: 219.56mg (21.96%), Vitamin K: 20.14µg (19.18%), Vitamin A: 864.29IU (17.29%), Vitamin C: 14.06mg (17.04%), Vitamin B1: 0.24mg (16.29%), Magnesium: 62.82mg (15.7%), Vitamin B2: 0.23mg (13.58%), Iron: 2.36mg (13.13%), Folate: 50.62µg (12.66%), Fiber: 2.99g (11.95%), Copper: 0.23mg (11.4%), Vitamin B3: 2.19mg (10.93%), Vitamin B5: 0.99mg (9.85%), Vitamin B12: 0.59µg (9.76%), Vitamin D: 1.17µg (7.83%), Zinc: 1.01mg (6.76%), Selenium: 4.22µg (6.03%), Vitamin E: 0.51mg (3.37%)