

Potato-Leek Gratin



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups milk
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 pounds potatoes cut into 1/4-inch slices
- ☐ 2 cups leek sliced
- ☐ 0.3 cup cream sour
- ☐ 1 tablespoon dijon mustard

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4 ounces swiss cheese shredded

Equipment

☐

frying pan

☐

oven

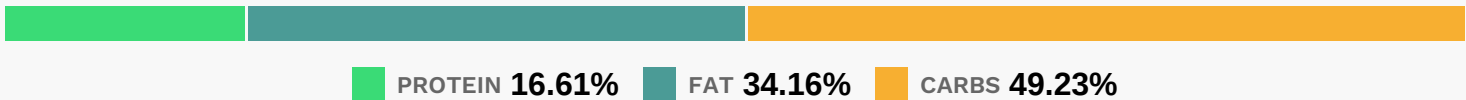
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baking pan

Directions

- ☐
- Heat oven to 425°. Grease 2-quart gratin dish or shallow baking dish.
- ☐
- Heat milk, garlic, salt and pepper to simmering in 12-inch skillet over medium-low heat; add potatoes and leeks. Cook uncovered about 15 minutes, stirring frequently, just until tender.
- ☐
- Spoon potato mixture into gratin dish.
- ☐
- Mix sour cream and mustard; spoon over potato mixture.
- ☐
- Sprinkle with cheese.
- ☐
- Bake uncovered 20 to 25 minutes or until bubbly around edge and golden brown on top.

Nutrition Facts



Properties

Glycemic Index:45.79, Glycemic Load:22.5, Inflammation Score:-7, Nutrition Score:16.852174012557%

Flavonoids

Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 291.99kcal (14.6%), Fat: 11.29g (17.37%), Saturated Fat: 6.36g (39.74%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 32.6g (11.85%), Sugar: 7.6g (8.44%), Cholesterol: 35.43mg (11.81%), Sodium: 506.84mg (22.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Vitamin C: 33.75mg (40.91%), Calcium: 342.58mg (34.26%), Phosphorus: 319.38mg (31.94%), Vitamin B6: 0.61mg (30.43%), Potassium: 876.79mg (25.05%), Manganese: 0.42mg (20.94%), Vitamin B12: 1.14µg (19%), Vitamin A: 881.16IU (17.62%), Vitamin K: 17.72µg (16.88%), Vitamin B2: 0.27mg (16.11%), Fiber: 4.01g (16.04%), Magnesium: 64.08mg (16.02%), Selenium: 9.72µg (13.89%), Vitamin B1: 0.21mg (13.77%), Zinc: 1.78mg (11.85%), Folate: 45.67µg (11.42%), Copper: 0.22mg (10.84%), Iron:

1.9mg (10.57%), Vitamin B5: 1mg (9.96%), Vitamin B3: 1.86mg (9.31%), Vitamin D: 1.12µg (7.46%), Vitamin E: 0.5mg (3.33%)