



Potato-Leek Gratin

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 4 ounces gruyere cheese shredded
- ☐ 2 cups cup heavy whipping cream
- ☐ 2 leek sliced
- ☐ 2 ounces parmesan cheese grated
- ☐ 1 teaspoon pepper black

- ☐ 8 servings rosemary leaves fresh
- ☐ 2 teaspoons sea salt
- ☐ 1 cup milk whole
- ☐ 2 pounds yukon gold potatoes very thinly sliced

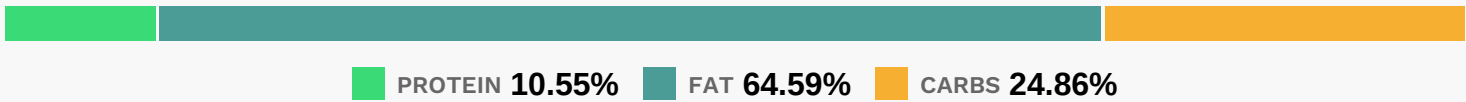
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter in a large, deep skillet or saucepan over medium-high heat.
- ☐ Add leeks and garlic; saut 5 to 7 minutes or until tender. Stir in rosemary, sea salt, and pepper.
- ☐ Add potatoes, cream, and milk to leek mixture in pan, stirring gently to combine. Bring mixture to a boil, reduce heat, and simmer, uncovered, 10 to 15 minutes or until potatoes are barely tender. (Do not overcook. Potatoes will be pliable, but not fully cooked.)
- ☐ Spoon half of potato mixture into a lightly greased 2 1/2-quart baking dish.
- ☐ Sprinkle with 1/2 cup Gruyre cheese and 1/4 cup Parmesan. Top with remaining potato mixture; sprinkle with remaining cheeses. (May be covered and refrigerated overnight.
- ☐ Let come to room temperature before baking.)
- ☐ Bake 20 to 30 minutes or until potatoes are tender and top is golden brown.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.22, Glycemic Load:16.06, Inflammation Score:-8, Nutrition Score:14.622173931288%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 438.9kcal (21.95%), Fat: 32.11g (49.4%), Saturated Fat: 19.91g (124.42%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 24.65g (8.96%), Sugar: 5.03g (5.59%), Cholesterol: 100.18mg (33.39%), Sodium: 868.59mg (37.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.61%), Vitamin A: 1618.4IU (32.37%), Calcium: 317.64mg (31.76%), Vitamin C: 25.99mg (31.5%), Phosphorus: 272.21mg (27.22%), Vitamin B6: 0.46mg (23.1%), Potassium: 661.4mg (18.9%), Manganese: 0.35mg (17.75%), Vitamin B2: 0.27mg (15.63%), Vitamin K: 15.78µg (15.03%), Fiber: 3.16g (12.63%), Magnesium: 49.65mg (12.41%), Selenium: 7.67µg (10.96%), Zinc: 1.52mg (10.1%), Vitamin B12: 0.59µg (9.81%), Vitamin B1: 0.15mg (9.77%), Folate: 38.15µg (9.54%), Vitamin D: 1.41µg (9.39%), Iron: 1.6mg (8.89%), Copper: 0.17mg (8.71%), Vitamin B5: 0.76mg (7.59%), Vitamin B3: 1.4mg (6.99%), Vitamin E: 0.94mg (6.26%)