



Potato-Mushroom Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons kosher salt for mushrooms
- ☐ 12 ounces crimini mushrooms fresh sliced (baby bella)
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 6 garlic clove thinly sliced
- ☐ 1.3 cups cup heavy whipping cream divided ()
- ☐ 5 tablespoons olive oil divided
- ☐ 3 ounces parmesan cheese divided freshly grated
- ☐ 0.8 teaspoon pepper black freshly ground for mushrooms

☐ 2.5 pounds yukon gold potatoes peeled cut lengthwise into 1/8-inch-thick slices

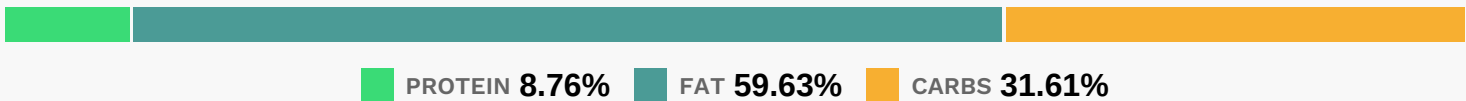
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375°F.
- ☐ Brush 13x9x2-inch glass or oval ceramic baking dish with 2 tablespoons oil. Arrange 1/3 of potatoes, slightly overlapping, in dish.
- ☐ Sprinkle with 1/2 teaspoon coarse salt and 1/4 teaspoon pepper.
- ☐ Pour 1/3 cup cream over; sprinkle with 1/4 cup cheese. Repeat layering 1/3 of potatoes, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/3 cup cream, and 1/4 cup cheese 2 more times.
- ☐ Bake uncovered until potatoes are tender, adding cream by tablespoonfuls if dry, about 45 minutes.
- ☐ Remove from oven; maintain oven temperature.
- ☐ Sprinkle thyme and garlic slices over gratin. Toss mushrooms in medium bowl with 3 tablespoons oil; sprinkle with coarse salt and pepper. Arrange mushroom slices atop gratin around edge of dish.
- ☐ Drizzle with 1/4 cup cream; sprinkle with 1/4 cup cheese. Continue to bake uncovered until mushrooms are tender and potato edges are golden brown, about 20 minutes longer. DO AHEAD: Can be made 1 day ahead. Cool 1 hour in dish; cover and chill. Before serving, cut gratin into 10 pieces.
- ☐ Transfer to rimmed baking sheet. Cover with foil and reheat in 350°F oven, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:14.75, Inflammation Score:-9, Nutrition Score:12.1695652941%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 298.11kcal (14.91%), Fat: 20.29g (31.22%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 21.24g (7.72%), Sugar: 2.36g (2.63%), Cholesterol: 41.02mg (13.67%), Sodium: 515.14mg (22.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin C: 25.32mg (30.69%), Vitamin B6: 0.42mg (20.84%), Potassium: 691.6mg (19.76%), Selenium: 13.32µg (19.03%), Phosphorus: 181.11mg (18.11%), Vitamin B2: 0.3mg (17.48%), Copper: 0.31mg (15.73%), Manganese: 0.3mg (15.18%), Vitamin B3: 2.55mg (12.77%), Calcium: 124.43mg (12.44%), Fiber: 2.97g (11.88%), Vitamin A: 580.66IU (11.61%), Vitamin B5: 0.97mg (9.68%), Magnesium: 37.16mg (9.29%), Vitamin B1: 0.14mg (9.05%), Vitamin E: 1.34mg (8.95%), Zinc: 1.19mg (7.94%), Iron: 1.42mg (7.89%), Vitamin K: 7.74µg (7.37%), Folate: 29.06µg (7.26%), Vitamin D: 0.55µg (3.68%), Vitamin B12: 0.2µg (3.27%)