



Potato-Mushroom Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 large eggs
- ☐ 0.8 cup milk
- ☐ 8 ounces mushrooms quartered
- ☐ 1 pound new potatoes white cooked peeled quartered
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces swiss cheese grated
- ☐ 1 tablespoon butter unsalted

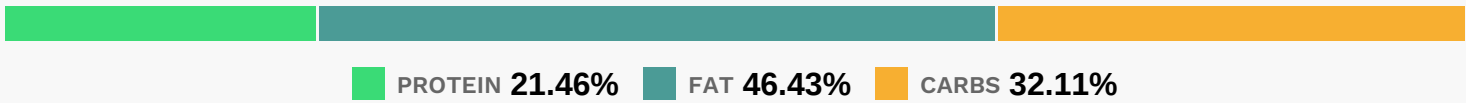
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Butter a shallow 1 1/2-quart casserole. Melt 1 Tbsp. butter in a medium skillet over medium-high heat.
- ☐ Add mushrooms and cook for about 6 minutes.
- ☐ Remove from heat. Beat eggs, milk, salt and pepper in a bowl. Stir in mushrooms, potatoes and cheese.
- ☐ Place in casserole and bake for 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:10.58, Inflammation Score:-4, Nutrition Score:11.445652184279%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 200.08kcal (10%), Fat: 10.51g (16.18%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 14.28g (5.19%), Sugar: 2.87g (3.19%), Cholesterol: 88.25mg (29.42%), Sodium: 270.73mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.87%), Phosphorus: 248.71mg (24.87%), Calcium: 226.68mg (22.67%), Selenium: 15.16µg (21.66%), Vitamin B2: 0.35mg (20.75%), Vitamin C: 15.69mg (19.01%), Vitamin B6: 0.32mg (16.15%), Vitamin B12: 0.9µg (15.05%), Potassium: 523.46mg (14.96%), Vitamin B5: 1.24mg (12.45%), Copper: 0.23mg (11.29%), Vitamin B3: 2.22mg (11.1%), Zinc: 1.59mg (10.58%), Fiber: 2.08g (8.33%), Magnesium: 33.02mg (8.26%), Manganese: 0.16mg (8.11%), Vitamin B1: 0.12mg (7.81%), Vitamin A: 357.01IU (7.14%), Folate: 28.15µg (7.04%), Iron: 1.11mg (6.18%), Vitamin D: 0.78µg (5.2%), Vitamin E: 0.37mg (2.47%), Vitamin K: 2.28µg

(2.17%)