



## Potatoes au Gratin

READY IN



85 min.

SERVINGS



5

CALORIES



835 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup processed cheese food grated
- ☐ 1 teaspoon pepper black
- ☐ 1 stick butter melted
- ☐ 8 tablespoons butter 1 stick
- ☐ 0.5 cup cheddar yellow grated
- ☐ 1 teaspoon chicken powder
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoons ground nutmeg
- ☐ 2 cups milk

- ☐ 2 cups panko bread crumbs
- ☐ 2 teaspoons smoky paprika
- ☐ 3 pounds russet potatoes washed and scrubbed, peeled and sliced thin
- ☐ 0.3 cup cheddar white grated

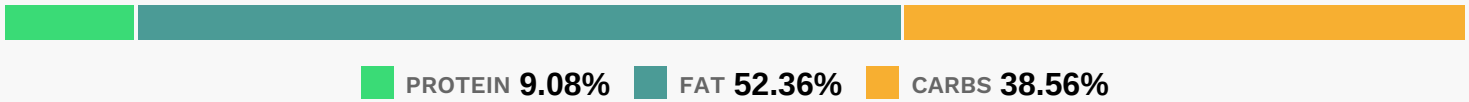
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In a large sauce pot over medium-high heat, add butter. Stir in the flour until pasty.
- ☐ Add milk; stir to remove lumps and let cook for 6 minutes until it gets thick. Lower heat and add the cheese, bouillon, nutmeg and black pepper.
- ☐ Whisk until well combined and sauce thickens, approximately 4 minutes.
- ☐ Remove from heat.
- ☐ In a bowl, combine butter, panko and smoky paprika. Stir well.
- ☐ Place potatoes into a casserole dish.
- ☐ Pour cheese over potatoes and sprinkle au gratin on top. Wrap with foil and bake in oven for 35 to 45 minutes.
- ☐ Remove foil and cook for 10 minutes uncovered. Allow to sit for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:102.55, Glycemic Load:47.62, Inflammation Score:-8, Nutrition Score:25.321739030921%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 835.27kcal (41.76%), Fat: 49.37g (75.95%), Saturated Fat: 29.91g (186.97%), Carbohydrates: 81.8g (27.27%), Net Carbohydrates: 76.66g (27.87%), Sugar: 8.36g (9.29%), Cholesterol: 132.46mg (44.15%), Sodium: 839.49mg (36.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Vitamin B6: 1.06mg (52.87%), Phosphorus: 436.9mg (43.69%), Vitamin B1: 0.62mg (41.26%), Calcium: 408.04mg (40.8%), Manganese: 0.8mg (40.06%), Potassium: 1386.21mg (39.61%), Vitamin A: 1585.5IU (31.71%), Vitamin B2: 0.49mg (29.04%), Selenium: 20.03µg (28.61%), Vitamin B3: 5.32mg (26.59%), Magnesium: 96.18mg (24.05%), Iron: 4.22mg (23.43%), Folate: 93.38µg (23.35%), Vitamin C: 18.05mg (21.87%), Fiber: 5.14g (20.56%), Copper: 0.38mg (18.85%), Zinc: 2.48mg (16.51%), Vitamin B12: 0.97µg (16.22%), Vitamin B5: 1.53mg (15.32%), Vitamin K: 11.3µg (10.77%), Vitamin E: 1.37mg (9.11%), Vitamin D: 1.22µg (8.12%)