



Potatoes Au Gratin

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potato peeled cut into 1/4-inch-thick slices (4 cups)
- ☐ 1 tablespoon peppercorns black
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 garlic clove crushed
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 tablespoon butter
- ☐ 0.5 inch onion
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons shallots diced
- ☐ 2 ounces swiss cheese shredded reduced-fat reduced-sodium

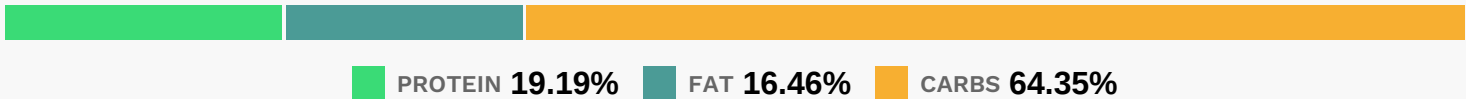
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Combine first 4 ingredients in a small saucepan; bring to a boil.
- ☐ Remove from heat. Cover; let stand 10 minutes.
- ☐ Pour milk mixture through a sieve over a large bowl, reserving liquid; discard solids.
- ☐ Preheat oven to 35
- ☐ Place potato in a medium saucepan. Cover with water; bring to a boil. Reduce heat. Simmer 15 minutes or until tender; drain.
- ☐ Place in a large bowl; set aside.
- ☐ Melt margarine in a saucepan over medium heat.
- ☐ Add shallots; saute 3 minutes or until soft. Stir in flour; gradually add reserved milk. Stir with a whisk until blended. Bring to a boil. Cook 1 minute or until slightly thick; stir constantly.
- ☐ Remove from heat; stir in cheese, salt, and pepper.
- ☐ Pour milk mixture over potato; toss. Spoon potato into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 20 minutes. Broil 5 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:77.69, Glycemic Load:27.88, Inflammation Score:-6, Nutrition Score:16.405652123949%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 280.09kcal (14%), Fat: 5.23g (8.04%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 42.76g (15.55%), Sugar: 9.01g (10.01%), Cholesterol: 12.34mg (4.11%), Sodium: 273.95mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.41%), Vitamin B6: 0.72mg (36.19%), Calcium: 360.8mg (36.08%), Phosphorus: 346.4mg (34.64%), Manganese: 0.66mg (33.23%), Potassium: 1021.31mg (29.18%), Vitamin B2: 0.35mg (20.55%), Vitamin B12: 1.14µg (19.02%), Vitamin B1: 0.28mg (18.55%), Magnesium: 68.92mg (17.23%), Fiber: 3.19g (12.77%), Vitamin C: 10.36mg (12.56%), Zinc: 1.78mg (11.87%), Vitamin B3: 2.32mg (11.59%), Iron: 2.07mg (11.51%), Copper: 0.23mg (11.48%), Vitamin B5: 1.13mg (11.27%), Selenium: 7.78µg (11.11%), Vitamin D: 1.64µg (10.91%), Folate: 40.16µg (10.04%), Vitamin A: 451.83IU (9.04%), Vitamin K: 7.55µg (7.19%), Vitamin E: 0.2mg (1.32%)