



Potatoes Dauphinoise

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 1 knob butter for greasing
- ☐ 1 kg potato such as desirée
- ☐ 150 ml full-fat milk
- ☐ 142 ml carton double cream
- ☐ 1 garlic clove peeled halved
- ☐ 2 sprigs thyme leaves
- ☐ 1 pinch nutmeg freshly ground
- ☐ 25 g parmesan freshly grated

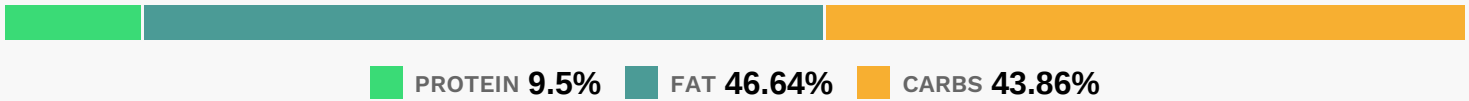
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Line an 20cm (8 inch) square tin with greaseproof paper, making sure there are no holes for the liquid to seep through, then butter the paper. Peel and slice the potatoes to the width of a 1 coin and pat dry.
- ☐ Pour the milk and cream into a pan, then add the garlic and thyme.
- ☐ Heat to boiling point, cool a little and strain into a jug.
- ☐ Sprinkle with nutmeg and keep warm. You can prepare this in advance and reheat.
- ☐ Layer half the potatoes in the tin, overlapping the slices, sprinkling each layer with a little salt and pepper.
- ☐ Pour over half the liquid and finish layering, then add the rest of the liquid and scatter over the cheese.
- ☐ Bake for 1-1 hrs until the potatoes are tender and the top is golden. Leave to stand for 5 mins, then cut into 6 portions and serve.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:9.6752173796944%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 256.47kcal (12.82%), Fat: 13.64g (20.98%), Saturated Fat: 8.54g (53.39%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 25.92g (9.43%), Sugar: 4.17g (4.64%), Cholesterol: 40.36mg (13.45%), Sodium: 135.62mg (5.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Potassium: 828.92mg (23.68%), Vitamin C: 15.17mg (18.39%), Phosphorus: 172.75mg (17.27%), Vitamin B6: 0.32mg (15.95%), Manganese: 0.26mg (12.8%), Fiber: 2.93g (11.7%), Calcium: 116.83mg (11.68%), Copper: 0.23mg (11.63%), Magnesium: 44.29mg (11.07%), Vitamin A: 539.47IU (10.79%), Vitamin B1: 0.16mg (10.52%), Vitamin B3: 1.98mg (9.91%), Vitamin B2: 0.15mg (8.78%), Folate: 31.64µg (7.91%), Iron: 1.35mg (7.48%), Vitamin B5: 0.65mg (6.49%), Vitamin K: 6µg (5.71%), Zinc: 0.85mg (5.64%), Vitamin D: 0.69µg (4.57%), Selenium: 3.08µg (4.41%), Vitamin B12: 0.23µg (3.89%), Vitamin E: 0.34mg (2.26%)