



## Potatoes Gratin



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

## Ingredients

- ☐ 2 pounds baking potatoes paper-thin peeled sliced
- ☐ 3 tablespoons chives fresh plus more for garnish chopped
- ☐ 2 garlic cloves split
- ☐ 2 cups heavy cream
- ☐ 1 cup parmigiano-reggiano grated
- ☐ 8 servings sea salt and pepper black freshly ground
- ☐ 1 Leaves from 4 thyme sprigs fresh

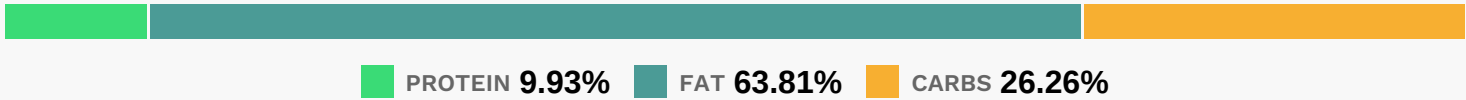
## Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish
- ☐ spatula

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F. In a large bowl combine all the ingredients, tossing to coat. Season with salt and pepper.
- ☐ Put the potato mixture into a casserole dish, flatten it out with a spatula, and bake for 40 minutes, until the potatoes are tender and the gratin is bubbly.
- ☐ Let stand for 10 minutes before serving.
- ☐ Garnish with fresh chives.

## Nutrition Facts



## Properties

Glycemic Index:32.97, Glycemic Load:16.32, Inflammation Score:-7, Nutrition Score:9.3978260807369%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 342.72kcal (17.14%), Fat: 24.82g (38.18%), Saturated Fat: 15.77g (98.56%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.41g (7.79%), Sugar: 2.57g (2.85%), Cholesterol: 75.74mg (25.25%), Sodium: 222.18mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.37%), Vitamin B6: 0.44mg (21.75%), Vitamin A: 1028.93IU (20.58%), Calcium: 205.35mg (20.54%), Phosphorus: 185.72mg (18.57%), Potassium: 549.32mg (15.69%), Vitamin B2: 0.19mg (11.39%), Manganese: 0.21mg (10.64%), Vitamin C: 7.91mg (9.59%), Magnesium: 36.78mg (9.19%), Vitamin B1: 0.11mg (7.49%), Selenium: 5.17µg (7.39%), Vitamin D: 1.01µg (6.76%), Copper: 0.13mg (6.67%), Iron: 1.2mg (6.66%), Vitamin K: 6.73µg (6.41%), Vitamin B3: 1.26mg (6.31%), Fiber: 1.56g (6.24%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.83mg (5.56%), Folate: 20.41µg (5.1%), Vitamin B12: 0.25µg (4.09%), Vitamin E: 0.59mg

(3.93%)