



Provencal Potato Gratin

 Gluten Free

READY IN



145 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- 0.5 cup basil leaves fresh chopped
- 4 large clove garlic smashed
- 6 servings kosher salt and pepper black freshly ground
- 3 tablespoons olive oil extra-virgin plus more for drizzling
- 0.3 cup parmesan freshly grated
- 1 pound plum tomatoes
- 0.8 cup bell pepper diced red peeled seeded
- 0.3 cup vermouth dry white

- 1 cup water
- 1 medium onion yellow sliced
- 2 pounds yukon gold peeled (4 to 5)

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- casserole dish
- mandoline

Directions

- Preheat the oven to 350 degrees F.
- Rub 1 of the garlic cloves all over the inside of a large 1 1/2 quart oval casserole dish. Smear some of the olive oil all over the inside of the dish. Mince the rest of the garlic.
- Heat the rest of the oil in a saucepan over medium heat.
- Add the garlic, onion, and pepper, season with the salt and pepper, and cook until tender, about 8 minutes.
- Add the vermouth and simmer to reduce by about half.
- Using a mandoline or vegetable slicer, slice the potatoes about 1/8-inch thick and add them to the pan with the water, salt, pepper to taste. Bring to a boil over medium-high heat and cook, stirring, until the mixture has thickened slightly, about 2 minutes.
- Stir in the basil.
- Transfer the mixture to the prepared baking dish and shake the pan to distribute the potatoes evenly. Season with salt and pepper. Slice the tomatoes about a 1/4-inch thick and arrange them in a shingled pattern on top of the potatoes. Season with salt and pepper and drizzle with olive oil.
- Bake, uncovered, until the potatoes are tender about 1 1/2 hours.
- Sprinkle the cheese over the top and bake until brown and bubbly, about 15 minutes more.

Remove from the oven and let casserole cool 10 minutes before serving. This can also be served at room temperature.

Nutrition Facts



PROTEIN 10.66% **FAT 34.96%** **CARBS 54.38%**

Properties

Glycemic Index:42.67, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:14.390869402367%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 226.97kcal (11.35%), Fat: 8.9g (13.69%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 26.87g (9.77%), Sugar: 5.57g (6.19%), Cholesterol: 3.78mg (1.26%), Sodium: 124.03mg (5.39%), Alcohol: 0.95g (100%), Alcohol %: 0.37% (100%), Protein: 6.1g (12.21%), Vitamin C: 49.54mg (60.05%), Vitamin A: 1373.45IU (27.47%), Potassium: 953.61mg (27.25%), Vitamin K: 24.15µg (23%), Vitamin B6: 0.43mg (21.35%), Manganese: 0.41mg (20.71%), Fiber: 4.28g (17.12%), Phosphorus: 163.43mg (16.34%), Copper: 0.28mg (14.03%), Folate: 52.43µg (13.11%), Magnesium: 50.44mg (12.61%), Vitamin B3: 2.44mg (12.19%), Vitamin B1: 0.18mg (11.73%), Vitamin E: 1.76mg (11.73%), Calcium: 102.83mg (10.28%), Iron: 1.62mg (8.99%), Vitamin B2: 0.1mg (6.14%), Vitamin B5: 0.61mg (6.13%), Zinc: 0.9mg (6.02%), Selenium: 2.41µg (3.44%), Vitamin B12: 0.07µg (1.11%)