



Roasted Poblano and Potato Gratin



Vegetarian



Gluten Free

READY IN



57 min.

SERVINGS



7

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 4 large baking potatoes peeled
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter divided melted
- ☐ 1 garlic clove halved
- ☐ 1.8 cups milk 1% low-fat
- ☐ 1 large poblano pepper
- ☐ 0.5 teaspoon salt divided
- ☐ 4 ounces sharp cheddar cheese shredded divided reduced-fat

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Preheat broiler.
- ☐ Place pepper on a foil-lined baking sheet; broil 6 to 8 minutes or until blackened, turning occasionally.
- ☐ Place pepper in a zip-top plastic bag. Seal and let stand 15 minutes. Peel pepper and cut in half lengthwise. Discard seeds and membranes, and chop pepper.
- ☐ Reduce oven temperature to 425
- ☐ Rub sides and bottom of a 2 1/2-quart gratin dish with garlic; discard garlic. Coat sides of dish with cooking spray.
- ☐ Slice potatoes crosswise into 1/8-inch-thick rounds. Arrange half of potato slices in bottom of prepared dish; top with half of chopped poblano.
- ☐ Drizzle 1 tablespoon butter over potato mixture and sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Sprinkle with 1/2 cup cheese.
- ☐ Layer remaining potato slices on top of cheese, and top with 1 tablespoon butter, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Sprinkle with 1/2 cup cheese.
- ☐ Place milk in a 4-cup glass measure. Microwave at HIGH 2 minutes or until gently boiling.
- ☐ Pour milk over potato mixture.
- ☐ Bake at 425 for 45 minutes or until mixture is bubbly and potatoes are tender.

Nutrition Facts

 **PROTEIN 14.1%**  **FAT 28.65%**  **CARBS 57.25%**

Properties

Glycemic Index:33.39, Glycemic Load:30.19, Inflammation Score:-6, Nutrition Score:14.651739203412%

Flavonoids

Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 292.23kcal (14.61%), Fat: 9.53g (14.65%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 39.67g (14.43%), Sugar: 4.86g (5.4%), Cholesterol: 27.75mg (9.25%), Sodium: 332.11mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Vitamin B6: 0.83mg (41.61%), Vitamin C: 30.99mg (37.56%), Potassium: 1030.22mg (29.43%), Phosphorus: 257.35mg (25.74%), Calcium: 220.78mg (22.08%), Manganese: 0.38mg (18.99%), Magnesium: 62.61mg (15.65%), Vitamin B1: 0.23mg (15.05%), Vitamin B2: 0.23mg (13.66%), Fiber: 3.17g (12.67%), Copper: 0.24mg (12.05%), Vitamin B3: 2.38mg (11.88%), Iron: 1.94mg (10.75%), Zinc: 1.5mg (10%), Selenium: 6.77µg (9.67%), Vitamin B5: 0.95mg (9.46%), Vitamin A: 467.14IU (9.34%), Folate: 36.59µg (9.15%), Vitamin B12: 0.54µg (8.97%), Vitamin K: 6.38µg (6.08%), Vitamin D: 0.75µg (4.97%), Vitamin E: 0.34mg (2.23%)