



## Sage Potatoes Au Gratin

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



427 kcal

SIDE DISH

### Ingredients

- ☐ 6 servings cayenne pepper to taste
- ☐ 10 sage leaves fresh
- ☐ 2 cups heavy cream
- ☐ 6 servings kosher salt
- ☐ 2 ounces manchego cheese grated
- ☐ 1 pound russet potatoes ( 2 medium)
- ☐ 3 tablespoons butter unsalted

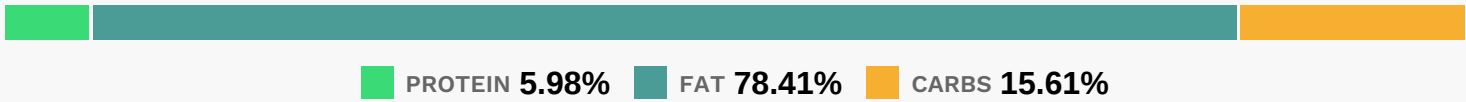
### Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ mandoline

## Directions

- ☐ Preheat the oven to 400 degrees F. Coat a 2-quart baking dish with 1 tablespoon butter.
- ☐ Bring the cream, 1/2 teaspoon salt and the sage to a simmer in a large saucepan over medium-low heat; cook 10 minutes. Meanwhile, peel the potatoes and slice 1/8 inch thick (use a mandoline, if you have one).
- ☐ Cover the bottom of the prepared dish with about one-quarter of the potatoes, overlapping the slices. Season with salt and cayenne pepper and sprinkle with one-third of the cheese. Repeat the layers 2 more times (potatoes, salt, cayenne, cheese), ending with a layer of potatoes.
- ☐ Strain the cream, discarding the sage.
- ☐ Pour the cream into the dish and press the potatoes down.
- ☐ Cut the remaining 2 tablespoons butter into pieces and dot over the potatoes. Cover with aluminum foil and transfer to the oven; reduce the oven temperature to 350 degrees F and bake 40 minutes, then uncover and bake until golden and bubbly, about 20 more minutes.
- ☐ Photograph by Christina Holmes

## Nutrition Facts



## Properties

Glycemic Index:19.46, Glycemic Load:10.93, Inflammation Score:-8, Nutrition Score:9.2991304812224%

## Nutrients (% of daily need)

Calories: 426.64kcal (21.33%), Fat: 38.1g (58.62%), Saturated Fat: 24.29g (151.82%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 15.53g (5.65%), Sugar: 3g (3.33%), Cholesterol: 114.81mg (38.27%), Sodium: 277.72mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Vitamin A: 2226.06IU (44.52%), Vitamin B6:

0.34mg (16.89%), Calcium: 168.5mg (16.85%), Copper: 0.3mg (15.02%), Potassium: 432.9mg (12.37%), Vitamin B2: 0.19mg (11.47%), Vitamin E: 1.5mg (9.98%), Phosphorus: 95.16mg (9.52%), Vitamin D: 1.37µg (9.16%), Manganese: 0.17mg (8.35%), Vitamin C: 6.31mg (7.65%), Magnesium: 26.24mg (6.56%), Fiber: 1.53g (6.13%), Vitamin K: 6µg (5.71%), Vitamin B1: 0.09mg (5.66%), Vitamin B3: 1.01mg (5.05%), Iron: 0.9mg (4.98%), Vitamin B5: 0.44mg (4.38%), Selenium: 2.93µg (4.18%), Folate: 16.09µg (4.02%), Zinc: 0.47mg (3.12%), Vitamin B12: 0.14µg (2.31%)