



## Scalloped Potatoes

 Vegetarian  Gluten Free

READY IN



4500 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

### Ingredients

- 1.5 cups heavy cream
- 0.8 teaspoon nutmeg grated
- 3 pounds potatoes boiling ( 6)
- 3 tablespoons butter unsalted cut into small cubes
- 0.8 cup milk whole

### Equipment

- oven
- baking pan

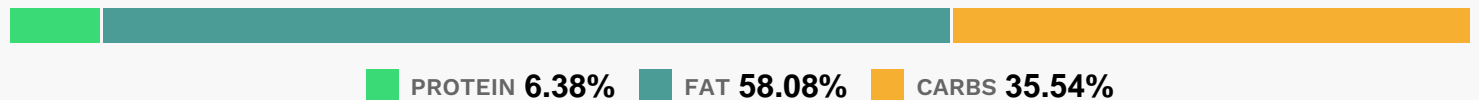
aluminum foil

broiler

## Directions

- Preheat oven to 350°F with rack in upper third. Generously butter a 2 1/2-quart shallow baking dish (not glass).
- Stir together nutmeg, 2 teaspoons salt, and 3/4 teaspoon pepper.
- Peel and thinly slice potatoes.
- Layer potatoes in baking dish, overlapping slightly and sprinkling each layer with some of salt mixture and some of butter.
- Pour cream and milk over potatoes, pressing down gently to submerge potatoes in liquid.
- Cover with foil and bake until potatoes are tender, 1 to 1 1/4 hours.
- Remove gratin from oven and discard foil. Turn broiler on and broil gratin 2 to 3 inches from heat until top is browned in spots, 3 to 5 minutes.
- Let stand 10 minutes before serving.
- Potatoes are best the day they're made but can be baked and broiled 2 days ahead and chilled, uncovered, until cool, then covered. Reheat, covered, in a 350°F oven about 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:13.182608645895%

## Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 430.86kcal (21.54%), Fat: 28.54g (43.91%), Saturated Fat: 17.99g (112.45%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 35.39g (12.87%), Sugar: 6.21g (6.9%), Cholesterol: 85.94mg (28.65%), Sodium: 69.29mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Potassium: 1136.75mg (32.48%), Vitamin C: 19.87mg (24.08%), Vitamin A: 1115.12IU (22.3%), Vitamin B6: 0.43mg (21.28%), Phosphorus: 205.87mg (20.59%),

Manganese: 0.33mg (16.46%), Copper: 0.31mg (15.72%), Fiber: 3.91g (15.63%), Magnesium: 58.32mg (14.58%), Vitamin B1: 0.21mg (14.26%), Vitamin B3: 2.68mg (13.41%), Vitamin B2: 0.23mg (13.34%), Folate: 43.6µg (10.9%), Calcium: 101.6mg (10.16%), Iron: 1.72mg (9.58%), Vitamin D: 1.39µg (9.28%), Vitamin B5: 0.91mg (9.06%), Vitamin K: 9.06µg (8.63%), Zinc: 1.03mg (6.85%), Selenium: 3.57µg (5.1%), Vitamin E: 0.75mg (4.98%), Vitamin B12: 0.27µg (4.53%)