



Scalloped Potatoes and Fennel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 2.5 teaspoons coarse kosher salt
- ☐ 2 large fennel bulbs fresh with fronds
- ☐ 6 garlic cloves peeled smashed
- ☐ 0.8 teaspoon ground pepper white
- ☐ 2.3 cups heavy whipping cream
- ☐ 8 inch long rosemary sprigs fresh
- ☐ 3.5 pounds russet potatoes
- ☐ 0.3 cup butter unsalted cut into 1/2-inch cubes ()

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ mandoline

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Butter 13x9x2-inch glass baking dish.
- ☐ Place garlic cloves and rosemary sprigs in bottom of prepared baking dish.
- ☐ Combine cream, coarse salt, and white pepper in large bowl.
- ☐ Cut off any stalks and fronds from fennel bulbs; discard stalks. Finely chop fennel fronds; cover and chill. Using V-slicer or mandoline, thinly slice fennel bulbs.
- ☐ Layer half of fennel slices evenly atop garlic and rosemary in baking dish. Peel potatoes and place immediately in large bowl of cold water to prevent discoloration. Working with 1 potato at a time, use a V-slicer or mandoline to thinly slice into rounds. Immediately add potatoes to bowl with cream mixture, turning to coat potatoes. Arrange half of potato slices evenly over fennel slices in baking dish, reserving cream mixture in bowl. Repeat layering with remaining fennel slices, then remaining potato slices.
- ☐ Pour cream mixture in bowl over fennel-potato mixture in baking dish. Dot with butter cubes. Cover baking dish with foil, doming foil slightly (do not allow foil to touch potatoes).
- ☐ Bake scalloped potatoes until almost tender when pierced with knife, about 1 hour 15 minutes. Increase oven temperature to 425°F.
- ☐ Remove foil and bake uncovered until potatoes are tender and top is deep golden brown, about 20 minutes longer.
- ☐ Remove from oven and let rest 15 minutes.
- ☐ Sprinkle with reserved fennel fronds and serve.

Nutrition Facts



 PROTEIN **6.04%**  FAT **57.44%**  CARBS **36.52%**

Properties

Glycemic Index:13.31, Glycemic Load:19.68, Inflammation Score:-7, Nutrition Score:10.684347976809%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 307.06kcal (15.35%), Fat: 20.24g (31.14%), Saturated Fat: 12.81g (80.08%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 25.72g (9.35%), Sugar: 3.67g (4.08%), Cholesterol: 60.59mg (20.2%), Sodium: 524.64mg (22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Vitamin K: 28.66µg (27.29%), Vitamin B6: 0.51mg (25.75%), Potassium: 774.19mg (22.12%), Vitamin A: 877.4IU (17.55%), Manganese: 0.33mg (16.54%), Vitamin C: 13.35mg (16.18%), Fiber: 3.23g (12.93%), Phosphorus: 122.91mg (12.29%), Magnesium: 42.32mg (10.58%), Iron: 1.63mg (9.05%), Copper: 0.18mg (8.94%), Vitamin B2: 0.15mg (8.59%), Vitamin B3: 1.68mg (8.38%), Vitamin B1: 0.13mg (8.35%), Folate: 32.88µg (8.22%), Calcium: 75.61mg (7.56%), Vitamin B5: 0.63mg (6.3%), Vitamin D: 0.78µg (5.23%), Vitamin E: 0.76mg (5.07%), Zinc: 0.61mg (4.06%), Selenium: 2.41µg (3.44%), Vitamin B12: 0.08µg (1.32%)