



Scalloped Potatoes with Creme Fraiche



Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives chopped
- ☐ 0.5 cup crème fraîche
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic smashed
- ☐ 0.1 teaspoon mace
- ☐ 3 cups half-and-half
- ☐ 8 servings kosher salt and pepper freshly ground

- ☐ 3 tablespoons butter unsalted
- ☐ 3 pounds waxy potatoes yellow peeled such as Yukon gold or Finn

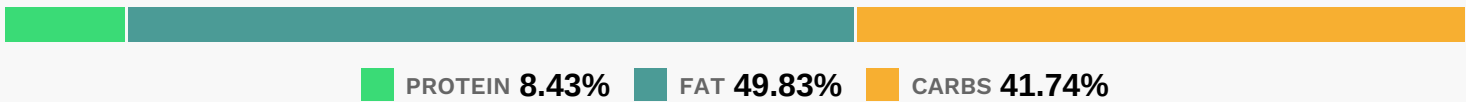
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ mandoline

Directions

- ☐ Preheat the oven to 350 degrees F. Rub the garlic all over the inside of a 3-quart baking dish, then mince it. Grease the dish with about 1/2 tablespoon butter.
- ☐ Slice the potatoes about 1/8 inch thick (a mandoline works well).
- ☐ Combine in a large saucepan with the minced garlic, the remaining 2 1/2 tablespoons butter, the half-and-half, creme fraiche, flour, thyme, mace, 2 1/2 teaspoons salt, and pepper to taste. Bring to a boil over medium-high heat and cook, stirring, until the mixture thickens slightly, 1 to 2 minutes. Stir in the chives and transfer the mixture to the prepared baking dish, shaking it to distribute the potatoes evenly.
- ☐ Bake, uncovered, until the potatoes are fork-tender, about 1 hour 5 minutes, occasionally spooning some of the liquid over the top.
- ☐ Let cool 10 minutes before serving.
- ☐ You can also make the scalloped potatoes in individual ramekins; bake about 40 minutes.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:11.246521794278%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 313.03kcal (15.65%), Fat: 17.77g (27.34%), Saturated Fat: 10.6g (66.24%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 30.42g (11.06%), Sugar: 6.47g (7.19%), Cholesterol: 51.53mg (17.18%), Sodium: 285.07mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Potassium: 924.9mg (26.43%), Vitamin C: 17.34mg (21.02%), Phosphorus: 206.62mg (20.66%), Vitamin B6: 0.35mg (17.71%), Vitamin B2: 0.27mg (15.81%), Manganese: 0.28mg (14.1%), Calcium: 134.9mg (13.49%), Vitamin A: 632.4IU (12.65%), Copper: 0.25mg (12.51%), Magnesium: 50.02mg (12.5%), Vitamin B1: 0.19mg (12.38%), Fiber: 3.07g (12.26%), Vitamin B3: 2.2mg (11.01%), Folate: 39.38µg (9.84%), Vitamin K: 9.38µg (8.93%), Iron: 1.51mg (8.4%), Vitamin B5: 0.81mg (8.1%), Selenium: 5.09µg (7.28%), Zinc: 1.01mg (6.71%), Vitamin B12: 0.21µg (3.53%), Vitamin E: 0.42mg (2.83%)