



Scalloped Potatoes with Shallots, Mushrooms, Roasted Garlic, and Thyme

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons flour all-purpose
- 4 garlic heads whole
- 2.5 cups milk 2% reduced-fat
- 8 ounces mushrooms chopped
- 2 teaspoons olive oil
- 2 ounces pecorino romano cheese grated

- 1 teaspoon salt
- 2.3 cups shallots minced (15 medium)
- 2 tablespoons teaspoons thyme dried fresh chopped
- 2 pounds yukon gold potatoes thinly sliced

Equipment

- food processor
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 35
- Remove white papery skins from garlic heads (do not peel or separate cloves). Wrap each head separately in foil.
- Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp (you should have about 1/4 cup). Discard skins.
- Preheat oven to 37
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shallots; saut 3 minutes or until softened.
- Add mushrooms; saut 5 minutes. Stir in vinegar; cook 1 minute or until liquid almost evaporates.
- Remove from heat.
- Place milk, garlic pulp, flour, thyme, salt, and pepper in a food processor; process until smooth.
- Arrange one-third of potatoes in a 13 x 9-inch baking dish coated with cooking spray.
- Spread half of the shallot mixture over potatoes. Repeat procedure with remaining potato slices and shallot mixture, ending with potato slices.
- Pour milk mixture evenly over potatoes.
- Cover with foil; bake at 375 for 30 minutes.

- Remove foil; bake, uncovered, 30 minutes.
- Sprinkle with cheese; bake 15 minutes or until cheese is golden.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:50.59, Glycemic Load:19.2, Inflammation Score:-9, Nutrition Score:14.992173956788%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 230.88kcal (11.54%), Fat: 4.69g (7.22%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 33.87g (12.32%), Sugar: 11.28g (12.53%), Cholesterol: 13.27mg (4.42%), Sodium: 428.3mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin C: 31.87mg (38.63%), Vitamin B6: 0.66mg (33.09%), Potassium: 931.44mg (26.61%), Phosphorus: 259.17mg (25.92%), Manganese: 0.48mg (24.1%), Calcium: 215.53mg (21.55%), Fiber: 5.33g (21.32%), Vitamin B2: 0.35mg (20.35%), Copper: 0.3mg (14.94%), Magnesium: 58.32mg (14.58%), Folate: 54.88µg (13.72%), Vitamin B1: 0.21mg (13.67%), Iron: 2.38mg (13.25%), Vitamin B3: 2.58mg (12.92%), Vitamin B5: 1.28mg (12.78%), Selenium: 7.53µg (10.76%), Zinc: 1.36mg (9.04%), Vitamin B12: 0.48µg (8.03%), Vitamin A: 193.29IU (3.87%), Vitamin K: 3.75µg (3.57%), Vitamin E: 0.23mg (1.51%)