



WHATSheATE



HEALTH SCORE

16%

Sicilian-Style Potato Gratin



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons capers drained
- ☐ 6 servings kosher salt
- ☐ 1 garlic clove halved
- ☐ 2 cups chicken broth
- ☐ 6 servings olive oil divided for brushing plus 4 tablespoons,
- ☐ 2 cups onion chopped
- ☐ 8 tablespoons pecorino cheese divided packed grated ()
- ☐ 2.3 pounds baking potatoes peeled very thinly sliced

Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Rub 13x9x2-inch glass baking dish with cut side of garlic clove.
- ☐ Brush dish with olive oil.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add onions, sprinkle with coarse salt, and sauté until soft and beginning to brown, stirring frequently, about 13 minutes.
- ☐ Arrange 1/3 of potatoes in even layer in prepared dish.
- ☐ Sprinkle with coarse salt and pepper. Scatter half of onions over.
- ☐ Sprinkle with 2 tablespoons Pecorino Romano and 1 tablespoon capers. Repeat layering with half of remaining potatoes, coarse salt and pepper, remaining onions, 2 tablespoons Pecorino Romano, and 1 tablespoon capers.
- ☐ Drizzle with 1 tablespoon olive oil.
- ☐ Arrange remaining potato slices over.
- ☐ Sprinkle with coarse salt and pepper and remaining 1 tablespoon capers.
- ☐ Drizzle with remaining 1 tablespoon olive oil.
- ☐ Pour chicken broth over. Press down firmly on potatoes to compact gratin.
- ☐ Cover gratin tightly with foil and bake until potatoes are tender, about 1 hour 20 minutes. Uncover and sprinkle with remaining 4 tablespoons Pecorino Romano.
- ☐ Bake gratin uncovered until cheese is lightly browned, about 15 minutes.
- ☐ Let gratin stand 10 minutes at room temperature before serving.

Nutrition Facts



 **PROTEIN 9.76%**  **FAT 45.03%**  **CARBS 45.21%**

Properties

Glycemic Index:28.13, Glycemic Load:25.39, Inflammation Score:-5, Nutrition Score:11.201304310042%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.74mg, Quercetin: 17.74mg, Quercetin: 17.74mg, Quercetin: 17.74mg

Nutrients (% of daily need)

Calories: 319.52kcal (15.98%), Fat: 16.49g (25.38%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 34.01g (12.37%), Sugar: 3.49g (3.88%), Cholesterol: 6.93mg (2.31%), Sodium: 419.15mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Vitamin B6: 0.67mg (33.57%), Potassium: 864.34mg (24.7%), Phosphorus: 184.45mg (18.45%), Manganese: 0.35mg (17.46%), Vitamin C: 13.97mg (16.93%), Vitamin B3: 2.93mg (14.67%), Vitamin E: 2.09mg (13.96%), Fiber: 3.26g (13.03%), Copper: 0.25mg (12.74%), Magnesium: 49.43mg (12.36%), Vitamin K: 12.84µg (12.23%), Vitamin B1: 0.17mg (11.21%), Calcium: 111.22mg (11.12%), Iron: 1.95mg (10.82%), Folate: 35.35µg (8.84%), Vitamin B2: 0.12mg (7.35%), Vitamin B5: 0.61mg (6.1%), Zinc: 0.85mg (5.69%), Selenium: 2.03µg (2.9%), Vitamin B12: 0.15µg (2.56%)