



Spinach, Caramelized Onion, and Muenster Au Gratin Potatoes

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



592 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup heavy cream
- ☐ 1 cup milk
- ☐ 2 cups muenster cheese shredded
- ☐ 1 onion sliced

- ☐ 8 potatoes red cubed
- ☐ 0.5 teaspoon salt
- ☐ 5 ounces spinach leaves fresh

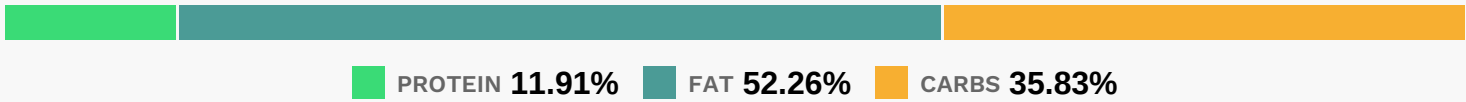
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Combine the potatoes and spinach in a 9x13-inch baking dish; set aside.
- ☐ Melt 3 tablespoons of butter in a saucepan over medium-low heat. Stir in the onion, and cook until dark brown, about 15 minutes. Stir in the garlic and flour; cook 1 minute more. Season with salt, and stir in the milk and cream. Bring to a simmer over medium heat; cook and stir until the sauce has thickened, about 10 minutes. Stir in 3/4 of the Muenster cheese until melted, and pour over the potatoes.
- ☐ Cover the potatoes with aluminum foil, and bake in the preheated oven 30 minutes. Uncover, and cook 20 minutes more, then sprinkle with the remaining Muenster cheese, return to the oven, and bake until the potatoes are tender and the cheese is bubbly, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:28.7156522585%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg,

Kaempferol: 1.63mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 591.66kcal (29.58%), Fat: 35.14g (54.06%), Saturated Fat: 22.06g (137.9%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 48.44g (17.61%), Sugar: 8.1g (9%), Cholesterol: 106.2mg (35.4%), Sodium: 587.99mg (25.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin K: 125.43µg (119.46%), Vitamin A: 3502.1IU (70.04%), Potassium: 1608.28mg (45.95%), Phosphorus: 437.58mg (43.76%), Calcium: 406.13mg (40.61%), Vitamin C: 32.81mg (39.77%), Manganese: 0.68mg (33.77%), Vitamin B6: 0.62mg (30.94%), Folate: 113.7µg (28.43%), Magnesium: 101.95mg (25.49%), Vitamin B2: 0.41mg (24.19%), Fiber: 5.77g (23.08%), Copper: 0.44mg (22.1%), Vitamin B1: 0.32mg (21.56%), Vitamin B3: 3.79mg (18.96%), Iron: 3.13mg (17.4%), Zinc: 2.45mg (16.37%), Selenium: 10.61µg (15.16%), Vitamin B12: 0.85µg (14.21%), Vitamin B5: 1.18mg (11.84%), Vitamin D: 1.31µg (8.72%), Vitamin E: 1.22mg (8.11%)