



## Sweet Onion Potatoes Au Gratin

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



651 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 2 pounds fingerling potatoes
- 1 bay leaf fresh
- 0.5 teaspoon ground thyme
- 0.5 cup heavy cream
- 0.5 cup parmigiano-reggiano grated
- 4 servings salt and pepper black freshly ground
- 2 medium onions sweet such as vidalia, thinly sliced

0.5 pound swiss cheese shredded

## Equipment

frying pan

oven

pot

broiler

## Directions

Watch how to make this recipe.

Heat a small skillet with the butter over medium heat.

Add the onions, season with salt ground thyme, bay leaf and cook until very soft and sweet and lightly caramelized, 20 minutes. Season with salt and pepper, to taste, and discard the bay leaf.

While the onions cook, put the potatoes in a medium pot and cover with water. Bring to a boil, then salt the water and cook to tender, 12 to 15 minutes.

Drain and return the potatoes to the hot pot. Mash the potatoes with the cream and Parmesan and season with salt and pepper, to taste.

Preheat the broiler.

Arrange the mashed potatoes in individual gratin dishes or 1 shallow casserole. Top the potatoes with the onions and Gruyere cheese.

Put them on a sheet pan and brown under a hot broiler until bubbly, about 2 minutes.

Remove from the oven and serve hot.

## Nutrition Facts



**PROTEIN 16.08%** **FAT 51.08%** **CARBS 32.84%**

## Properties

Glycemic Index:54.94, Glycemic Load:29.35, Inflammation Score:-9, Nutrition Score:26.383478278699%

## Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 25.62mg, Quercetin: 25.62mg, Quercetin: 25.62mg, Quercetin: 25.62mg

## Nutrients (% of daily need)

Calories: 651.43kcal (32.57%), Fat: 37.57g (57.81%), Saturated Fat: 22.88g (142.97%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 47.79g (17.38%), Sugar: 11.05g (12.28%), Cholesterol: 109.9mg (36.63%), Sodium: 385.13mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.22%), Calcium: 737.27mg (73.73%), Vitamin C: 52.88mg (64.09%), Phosphorus: 605.53mg (60.55%), Vitamin B6: 0.95mg (47.36%), Potassium: 1235.93mg (35.31%), Vitamin B12: 1.92µg (32.03%), Selenium: 22.36µg (31.94%), Fiber: 6.56g (26.23%), Zinc: 3.78mg (25.21%), Manganese: 0.5mg (25.15%), Vitamin A: 1193.52IU (23.87%), Magnesium: 93.97mg (23.49%), Vitamin B2: 0.38mg (22.24%), Folate: 82.13µg (20.53%), Copper: 0.37mg (18.7%), Vitamin B1: 0.27mg (17.83%), Iron: 2.58mg (14.34%), Vitamin B3: 2.71mg (13.54%), Vitamin B5: 1.22mg (12.18%), Vitamin K: 9.56µg (9.11%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.54µg (3.59%)