



The ultimate makeover: Potato Dauphinoise

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp olive oil
- ☐ 150 ml semi-skimmed milk
- ☐ 1 plump garlic clove peeled halved
- ☐ 4 thyme sprigs for sprinkling
- ☐ 1 bay leaf
- ☐ 1 shallots roughly chopped
- ☐ 1 pinch nutmeg good freshly grated
- ☐ 1 kg waxy potatoes (try Desirée)

- ☐ 140 g full-fat crème fraîche
- ☐ 75 ml vegetable stock (Marigold bouillon)
- ☐ 1 tsp thyme leaves
- ☐ 25 g gruyere cheese grated

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Brush the oil over the bottom and sides of a 25 x 19 x 5cm ovenproof dish.
- ☐ Put the milk, garlic, 4 thyme sprigs, bay leaf and shallot into a saucepan. Bring just to the boil, then remove from the heat and add the nutmeg and a little pepper. Set aside to infuse.
- ☐ Peel then slice the potatoes very thinly. Pat them dry.
- ☐ Layer half the slices in the dish, overlapping slightly, then season.
- ☐ Strain the infused milk into a jug.
- ☐ Put the crme fraiche into a bowl, then gradually pour in the milk, whisking until smooth.
- ☐ Add the stock and thyme leaves. Return this liquid to the jug, then pour half of it over the potatoes in the dish.
- ☐ Layer up the rest of the potatoes, then add remaining liquid, the cheese and a grind of pepper. Sit the dish on a baking sheet and bake for 1-1 hrs until golden and tender test by inserting a sharp knife through the potatoes. Stand for 5 mins before serving, sprinkled with thyme sprigs.

Nutrition Facts



 PROTEIN **11.32%**  FAT **31.67%**  CARBS **57.01%**

Properties

Glycemic Index:44.17, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:9.5939130543367%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 205.27kcal (10.26%), Fat: 7.43g (11.43%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 26.98g (9.81%), Sugar: 4.71g (5.23%), Cholesterol: 20.34mg (6.78%), Sodium: 129.07mg (5.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Potassium: 847.26mg (24.21%), Vitamin C: 16.38mg (19.85%), Phosphorus: 172.04mg (17.2%), Vitamin B6: 0.33mg (16.48%), Manganese: 0.28mg (14.11%), Fiber: 3.13g (12.51%), Copper: 0.24mg (12.09%), Calcium: 118.38mg (11.84%), Magnesium: 45.85mg (11.46%), Vitamin B1: 0.16mg (10.42%), Vitamin B3: 1.99mg (9.96%), Vitamin B2: 0.15mg (9.06%), Folate: 35.01µg (8.75%), Iron: 1.46mg (8.11%), Vitamin B5: 0.67mg (6.74%), Zinc: 0.95mg (6.34%), Vitamin A: 287.84IU (5.76%), Vitamin K: 5.84µg (5.56%), Selenium: 3.05µg (4.35%), Vitamin B12: 0.25µg (4.13%), Vitamin E: 0.23mg (1.56%)