

Turnip, Potato, and Smoked Mackerel Gratin

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



830 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 garlic clove crushed peeled
- 2 cups cup heavy whipping cream
- 1 teaspoon kosher salt
- 4 fillet mackerel smoked
- 0.5 nutmeg freshly grated
- 1 pound rutabaga peeled sliced into 1/8-inch-thick rounds
- 0.7 cups milk whole

- 1 pound yukon gold potatoes peeled sliced into 1/8-inch-thick rounds

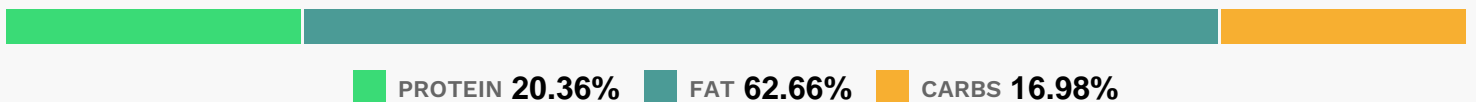
Equipment

- sauce pan
- oven
- knife
- baking pan

Directions

- Arrange oven rack in middle position and preheat oven to 350°F. Butter 9-inch-diameter pie plate.
- In small heavy saucepan, combine cream, milk, and garlic. Bring to boil over moderately high heat, then remove from heat and set aside.
- Layer 1/4 of potatoes in baking dish in concentric circles, overlapping slightly.
- Sprinkle with 1/4 teaspoon salt, 1/8 teaspoon pepper, and 1/8 teaspoon nutmeg, then pour 1/2 cup cream mixture over. Repeat process using rutabaga instead of potatoes to make second layer.
- Scatter mackerel pieces over root vegetables and top with 1/2 cup cream mixture. Make another layer of rutabaga, then final layer of potatoes, topping final layer with remaining 2/3 cup cream mixture.
- Bake until potatoes are tender when pierced with knife and top is golden, about 45 to 55 minutes.
- Let gratin stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:81.44, Glycemic Load:20.53, Inflammation Score:-9, Nutrition Score:40.086086915887%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 829.93kcal (41.5%), Fat: 58.06g (89.32%), Saturated Fat: 32.08g (200.47%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 30.16g (10.97%), Sugar: 11.45g (12.73%), Cholesterol: 219.25mg (73.08%), Sodium: 795.78mg (34.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.44g (84.87%), Vitamin B12: 7.89µg (131.5%), Vitamin D: 17.82µg (118.81%), Selenium: 67.65µg (96.64%), Vitamin B3: 16.26mg (81.32%), Vitamin C: 55.04mg (66.72%), Vitamin B2: 1.08mg (63.45%), Vitamin B6: 1.09mg (54.29%), Potassium: 1694.85mg (48.42%), Phosphorus: 449.41mg (44.94%), Vitamin A: 1926.81IU (38.54%), Vitamin B1: 0.43mg (28.71%), Magnesium: 110.66mg (27.66%), Calcium: 233.31mg (23.33%), Vitamin E: 3.17mg (21.13%), Fiber: 5.23g (20.94%), Manganese: 0.4mg (20.18%), Iron: 3.52mg (19.58%), Copper: 0.34mg (16.95%), Vitamin B5: 1.52mg (15.17%), Zinc: 2.21mg (14.74%), Folate: 50.37µg (12.59%), Vitamin K: 7.02µg (6.68%)