



Two-Cheese Potato Gratin

READY IN



95 min.

SERVINGS



12

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cups milk
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon salt
- ☐ 10 cups yukon gold potatoes thinly sliced () (3 lb)
- ☐ 6 oz gruyere cheese shredded
- ☐ 6 oz cheddar cheese shredded

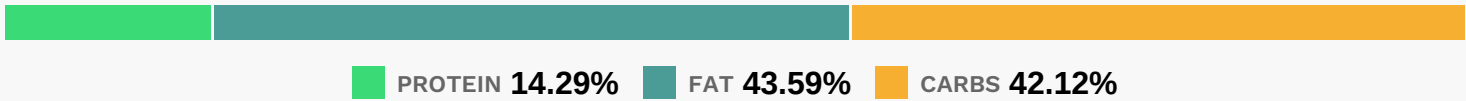
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Grease 13x9-inch (3-quart) glass baking dish with shortening or cooking spray.
- ☐ In 2-quart saucepan, melt butter over medium heat. Stir in flour with wire whisk until smooth. Gradually stir in milk.
- ☐ Heat to boiling. Reduce heat to low; cook about 5 minutes, stirring frequently, until sauce is slightly thickened. Stir in mustard and salt.
- ☐ Place half of the potatoes in baking dish; top with half of the sauce and half of each of the cheeses. Repeat layers.
- ☐ Bake 50 to 55 minutes or until potatoes are tender and top is golden brown.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:29.27, Inflammation Score:-7, Nutrition Score:16.588261065276%

Flavonoids

Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 392.51kcal (19.63%), Fat: 19.23g (29.59%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 37.28g (13.56%), Sugar: 4.6g (5.11%), Cholesterol: 37.09mg (12.36%), Sodium: 428.86mg

(18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.37%), Vitamin C: 38.86mg (47.11%), Calcium: 346.54mg (34.65%), Phosphorus: 333.82mg (33.38%), Vitamin B6: 0.64mg (32.2%), Potassium: 955.37mg (27.3%), Fiber: 4.53g (18.13%), Manganese: 0.35mg (17.45%), Vitamin B1: 0.25mg (16.58%), Vitamin B2: 0.28mg (16.43%), Magnesium: 63.63mg (15.91%), Vitamin A: 718.38IU (14.37%), Selenium: 10.01µg (14.3%), Zinc: 1.94mg (12.93%), Vitamin B3: 2.48mg (12.41%), Vitamin B12: 0.72µg (11.93%), Copper: 0.23mg (11.56%), Folate: 45.65µg (11.41%), Iron: 1.85mg (10.26%), Vitamin B5: 0.98mg (9.84%), Vitamin D: 0.84µg (5.61%), Vitamin K: 4.69µg (4.46%), Vitamin E: 0.5mg (3.31%)