



Yukon Gold Potato and Wild Mushroom Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



418 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter ()
- 12 ounces mushrooms wild fresh assorted sliced
- 0.8 teaspoon pepper black
- 2 cups cup heavy whipping cream
- 1.5 teaspoons salt
- 3 pounds yukon gold potatoes

Equipment

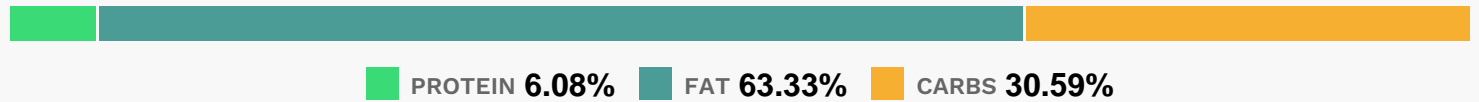
- frying pan

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 375°F. Melt butter in heavy large skillet over medium-high heat.
- Add mushrooms and sauté until brown and soft, about 6 minutes. Generously butter 11x7x2-inch baking dish. Peel and cut potatoes into 1/8-inch-thick slices. Arrange 2 layers of potatoes in prepared dish. Spoon 1/3 of mushrooms over potatoes.
- Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Repeat 2 more times with potatoes, mushrooms, salt, and pepper.
- Pour cream over potatoes. Cover with foil and bake 45 minutes. (Can be made 2 hours ahead.
- Let stand at room temperature.) Uncover and continue baking until golden brown and set, about 20 minutes longer (30 minutes if room temperature).
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:22.09, Inflammation Score:-7, Nutrition Score:13.880000093709%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 418.39kcal (20.92%), Fat: 30.3g (46.61%), Saturated Fat: 19.15g (119.69%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 28.7g (10.44%), Sugar: 3.91g (4.35%), Cholesterol: 89.81mg (29.94%), Sodium: 531.98mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin C: 34.76mg (42.13%), Vitamin B6: 0.57mg (28.38%), Potassium: 912.96mg (26.08%), Vitamin A: 1141.47IU (22.83%), Vitamin B2: 0.34mg (20.07%), Phosphorus: 170.85mg (17.09%), Vitamin B3: 3.37mg (16.86%), Fiber: 4.21g (16.86%), Copper: 0.33mg (16.42%), Manganese: 0.31mg (15.29%), Vitamin B5: 1.31mg (13.06%), Vitamin B1: 0.18mg (12.21%), Magnesium: 47.66mg (11.91%), Folate: 37.17µg (9.29%), Selenium: 6.37µg (9.09%), Iron: 1.62mg (9.02%), Vitamin D: 1.04µg (6.91%),

Calcium: 64.58mg (6.46%), Vitamin K: 6.18µg (5.88%), Zinc: 0.87mg (5.8%), Vitamin E: 0.81mg (5.43%), Vitamin B12: 0.13µg (2.17%)