

Leek-Potato Gratin

*Publix Holiday Recipes Flyer
Publix Aprons*

Servings: 8

*2 medium leeks, well rinsed and
thinly sliced
1 package (3 ounce) shallots, thinly
sliced
1/4 cup fresh Italian parsley, finely
chopped
1 tub (24 ounce) mashed potatoes
3 tablespoons herb-garlic butter
1/2 cup chicken broth (or white
wine)
2 cups Alfredo sauce
1/4 teaspoon Kosher salt
1/4 teaspoon pepper
1/4 cup Parmesan cheese, grated
1/2 cup panko bread crumbs*

Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

Slice the leeks (white part only) and shallots.
Chop the parsley.

Place the potatoes in a two-quart baking dish.
Spread into an even layer in the bottom of the
dish.

Preheat a large saute' pan on medium-high for 2
to 3 minutes. Place the butter, leeks and
shallots in the pan. Cook and stir for 3 to 4
minutes or until soft.

Add the chicken broth. Cook 1 to 2 minutes or
until reduced by about one-half.

Stir in the Alfredo sauce, salt, pepper and
parsley. Bring to a simmer. Cook for 1 to 2
minutes or until hot. Pour the leek mixture over
the potatoes. Sprinkle with the cheese and
bread crumbs.

Bake for 25 to 30 minutes or until bubbly and
browned.

Serve.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown
items): 167 Calories; 12g Fat
(65.0% calories from fat); 5g
Protein; 10g Carbohydrate; 1g
Dietary Fiber; 37mg Cholesterol;
502mg Sodium. Exchanges: 1/2
Grain(Starch); 1/2 Lean Meat; 1/2
Vegetable; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	167	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	23.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	12g	Folacin (mcg):	20mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	37mg	% Daily Value*	n n%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	502mg	Vegetable:	1/2
Potassium (mg):	146mg	Fruit:	0
Calcium (mg):	59mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	316IU		
Vitamin A (r.e.):	36 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 167 Calories from Fat: 109

% Daily Values*

Total Fat	12g	19%
Saturated Fat	8g	38%
Cholesterol	37mg	12%
Sodium	502mg	21%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	4%
Protein	5g	
Vitamin A		6%
Vitamin C		10%
Calcium		6%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.