

Sage & Cheddar Potato Gratin

McCormick Spices

Servings: 12

*2 teaspoons dried rubbed sage
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
3 pounds Yukon Gold potatoes,
peeled and thinly sliced
1 large onion, thinly sliced
1 package (8 ounce) Cheddar cheese,
shredded
1 cup heavy cream
1 cup chicken broth*

Preparation Time: 30 minutes

Cook Time: 1 hour

Preheat the oven to 400 degrees.

In a small bowl, mix the sage, salt and pepper. Layer one-third of the potatoes and one-half of the onion in a lightly greased 13x9-inch baking dish. Sprinkle with one teaspoon of the sage mixture and one-third of the cheese.

Repeat the layers. Top with the remaining potatoes, sage mixture and cheese.

In a medium bowl, stir the broth and cream with a wire whisk until well blended. Pour evenly over the potatoes.

Bake for one hour or until the potatoes are tender and the top is golden.

Let stand for one hour before serving.

Per Serving (excluding unknown items): 207 Calories; 11g Fat (46.4% calories from fat); 6g Protein; 22g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 403mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	207	Vitamin B6 (mg):	trace
% Calories from Fat:	46.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	42.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 11g
Saturated Fat (g): 7g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 37mg
Carbohydrate (g): 22g
Dietary Fiber (g): 2g
Protein (g): 6g
Sodium (mg): 403mg
Potassium (mg): 57mg
Calcium (mg): 86mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 25mg
Vitamin A (i.u.): 392IU
Vitamin A (r.e.): 113 1/2RE

Folacin (mcg): 5mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Value*

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 207 **Calories from Fat:** 96

% Daily Values*

Total Fat	11g	16%
Saturated Fat	7g	33%
Cholesterol	37mg	12%
Sodium	403mg	17%
Total Carbohydrates	22g	7%
Dietary Fiber	2g	6%
Protein	6g	
Vitamin A		8%
Vitamin C		41%
Calcium		9%
Iron		6%

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