



WHATSheATE



Cook the Book: Sweet Potatoes Au Gratin



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



533 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 cup gruyere cheese shredded
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 6 servings salt and pepper to taste
- ☐ 7 medium sweet potatoes and into
- ☐ 1 tablespoon thyme leaves chopped

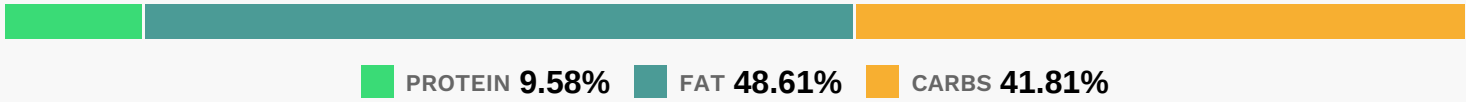
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Boil the sweet potatoes in a large pot in water to cover for 5 minutes.
- ☐ Drain, cool, peel, and dice into 1-inch pieces. Preheat the oven to 350°. Spray a baking dish with nonstick vegetable spray.
- ☐ Place the sweet potatoes in the dish and season with salt, pepper, and thyme.
- ☐ Mix the cream and cornstarch together and pour over the sweet potatoes.
- ☐ Bake for 30 minutes.
- ☐ Sprinkle with cheeses.
- ☐ Bake for 15 minutes. Brown under the broiler for about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:26.24, Inflammation Score:-10, Nutrition Score:21.01608699301%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 533.19kcal (26.66%), Fat: 29.2g (44.93%), Saturated Fat: 18.15g (113.46%), Carbohydrates: 56.53g (18.84%), Net Carbohydrates: 48.44g (17.62%), Sugar: 12.84g (14.27%), Cholesterol: 92.89mg (30.96%), Sodium: 541.34mg (23.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.89%), Vitamin A: 38559.45IU (771.19%), Calcium: 360.17mg (36.02%), Manganese: 0.71mg (35.36%), Fiber: 8.09g (32.34%), Phosphorus: 303.51mg (30.35%), Vitamin B6: 0.6mg (29.76%), Potassium: 973.15mg (27.8%), Vitamin B5: 2.39mg (23.95%), Copper: 0.42mg (20.98%), Vitamin B2: 0.35mg (20.31%), Magnesium: 80.5mg (20.12%), Vitamin B1: 0.23mg

(15.45%), Zinc: 1.89mg (12.58%), Iron: 1.92mg (10.69%), Vitamin C: 8.55mg (10.37%), Selenium: 7.18µg (10.25%),
Vitamin E: 1.3mg (8.69%), Folate: 34.21µg (8.55%), Vitamin B12: 0.47µg (7.83%), Vitamin B3: 1.55mg (7.76%), Vitamin
D: 1.09µg (7.28%), Vitamin K: 7.27µg (6.93%)