



Curried Sweet Potato Gratin

READY IN



135 min.

SERVINGS



8

CALORIES



678 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 1 cup breadcrumbs
- 2 tablespoons curry powder
- 2 egg whites
- 0.5 cup cilantro leaves fresh finely chopped
- 2 cloves garlic
- 0.3 teaspoon turmeric
- 1 quart cup heavy whipping cream
- 1 teaspoon kosher salt black

- 2 cups parmesan shredded
- 8 cups sweet potatoes and into peeled

Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat the oven to 375F. Butter a 13 x 9-inch (3-quart) glass baking dish.
- In medium saucepan, combine cream, curry powder, turmeric, bay leaf, and garlic bring to a boil.
- Remove from heat and let the flavors steep for 1/2 hour. Strain the bay leaf and garlic from the cream.
- Add the cilantro into the cream.
- Whip the egg whites to stiff peaks.
- Add sweet potatoe slices and salt and pepper. Toss to coat potatoe slices with egg whites.
- Lay a layer of the sweet potatoes to cover bottom of baking dish.
- Sprinkle with Parmesan cheese. Repeat layering until all potatoe slices and Parmesean cheese is used.
- Pour the flavored cream evenly over the potatoes. Cover with foil.
- Bake about 1 hour, until cream is bubbly.
- Remove foil.
- Sprinkle with bread crumbs and bake an additional 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:13.52, Inflammation Score:-10, Nutrition Score:20.599130526833%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 678.29kcal (33.91%), Fat: 50.18g (77.2%), Saturated Fat: 31.53g (197.08%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 36.75g (13.36%), Sugar: 10.16g (11.29%), Cholesterol: 150.67mg (50.22%), Sodium: 908.94mg (39.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.54%), Vitamin A: 20886IU (417.72%), Calcium: 448.8mg (44.88%), Phosphorus: 335.06mg (33.51%), Vitamin B2: 0.48mg (28.28%), Manganese: 0.56mg (28.1%), Selenium: 15.25µg (21.79%), Fiber: 5.16g (20.62%), Vitamin B6: 0.39mg (19.41%), Potassium: 655.34mg (18.72%), Vitamin B1: 0.27mg (18.27%), Magnesium: 63.56mg (15.89%), Vitamin B5: 1.58mg (15.78%), Copper: 0.28mg (13.77%), Vitamin D: 2.02µg (13.45%), Iron: 2.3mg (12.78%), Vitamin E: 1.86mg (12.38%), Vitamin K: 12.11µg (11.54%), Zinc: 1.65mg (10.98%), Folate: 38.86µg (9.71%), Vitamin B3: 1.86mg (9.3%), Vitamin B12: 0.54µg (9.05%), Vitamin C: 4.6mg (5.57%)