



## Home Sweet Potato Home Au Gratin

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



415 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter plus more for baking dish cut into chunks,
- ☐ 0.3 cup cheddar grated
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 cups heavy cream
- ☐ 1 cup milk

- ☐ 0.3 cup panko bread crumbs
- ☐ 1 teaspoon salt
- ☐ 3 pounds sweet potatoes with a mandoline peeled sliced thin ( 12 sweet potatoes, depending on size)

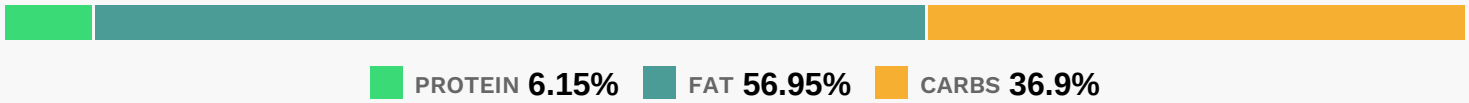
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ In a large saucepan combine milk, cream, nutmeg, cinnamon, salt, and pepper. Gently fold in sweet potatoes. Bring to a simmer and allow sauce to thicken.
- ☐ Preheat oven to 350 degrees F.
- ☐ Butter a 3-quart baking dish.
- ☐ Combine the bread crumbs, butter and Cheddar to make the gratin topping.
- ☐ Transfer the potato mixture to the baking dish and sprinkle with the gratin topping.
- ☐ Bake until the potatoes are cooked through, about 35 to 45 minutes.
- ☐ Serve in the baking dish, garnished with chopped parsley.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:17.48, Inflammation Score:-10, Nutrition Score:15.7478260372%

## Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 414.61kcal (20.73%), Fat: 26.71g (41.09%), Saturated Fat: 16.8g (105%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 33.66g (12.24%), Sugar: 10.47g (11.63%), Cholesterol: 81.95mg (27.32%), Sodium: 471.53mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Vitamin A: 25221.3IU (504.43%), Manganese: 0.48mg (24.02%), Fiber: 5.27g (21.06%), Vitamin B6: 0.4mg (20.03%), Potassium: 686.89mg (19.63%), Vitamin B2: 0.28mg (16.63%), Phosphorus: 165.93mg (16.59%), Vitamin B5: 1.66mg (16.58%), Calcium: 158.94mg (15.89%), Copper: 0.27mg (13.61%), Magnesium: 52.7mg (13.17%), Vitamin K: 13.83µg (13.17%), Vitamin B1: 0.18mg (12.11%), Vitamin D: 1.31µg (8.72%), Vitamin E: 1.12mg (7.47%), Selenium: 4.9µg (7%), Iron: 1.24mg (6.89%), Zinc: 0.95mg (6.32%), Vitamin C: 5.11mg (6.19%), Folate: 24.77µg (6.19%), Vitamin B3: 1.15mg (5.77%), Vitamin B12: 0.31µg (5.16%)