



Jerusalem Artichoke and Sweet Potato Gratin

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs dry homemade
- ☐ 2 tablespoons gruyère cheese freshly grated
- ☐ 0.8 cup heavy cream
- ☐ 1 pound jerusalem artichokes thinly sliced
- ☐ 1 leek white green thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 pound sweet potatoes and into peeled thinly sliced
- ☐ 1 tablespoon butter unsalted

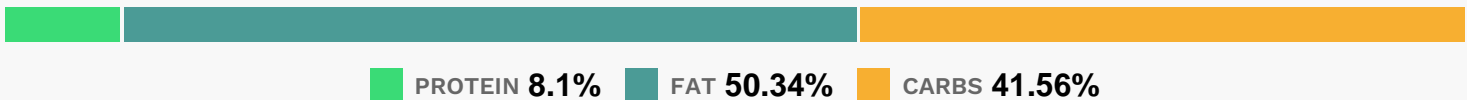
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 35
- ☐ Using 1 teaspoon of the butter, grease a 9-inch glass pie plate and a 12-inch square of foil.
- ☐ In a medium skillet, melt 1 teaspoon of the butter.
- ☐ Add the leek and cook over moderately high heat until softened but still green, about 2 minutes.
- ☐ Transfer the leek to a plate.
- ☐ Melt the remaining 1 teaspoon of butter in the skillet and add the bread crumbs. Cook, stirring, until coated and lightly browned.
- ☐ Transfer the crumbs to a plate and toss with the Gruyre.
- ☐ Layer half of the Jerusalem artichoke slices in the prepared pie plate and season with salt and pepper. Cover with half of the leek slices and half of the sweet potato slices, reserving the nicest slices for the top. Season with salt and pepper and repeat with the remaining Jerusalem artichokes, leek and sweet potato.
- ☐ Pour the cream evenly over the top.
- ☐ Cover the pie plate with the foil, buttered side down, and bake for 30 minutes, or until bubbling and the vegetables are just tender.
- ☐ Remove the foil and bake for 20 minutes, or until lightly browned.
- ☐ Sprinkle the crumbs on top and bake for 20 minutes longer, or until golden.
- ☐ Let stand for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:12.26, Inflammation Score:-10, Nutrition Score:17.010869585949%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 379.13kcal (18.96%), Fat: 21.8g (33.54%), Saturated Fat: 13.56g (84.75%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 36.28g (13.19%), Sugar: 15.87g (17.64%), Cholesterol: 66.08mg (22.03%), Sodium: 348.59mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.79%), Vitamin A: 9251.02IU (185.02%), Iron: 5.05mg (28.08%), Vitamin B1: 0.36mg (24.21%), Potassium: 780.1mg (22.29%), Phosphorus: 205.48mg (20.55%), Manganese: 0.39mg (19.29%), Fiber: 4.22g (16.88%), Calcium: 163.45mg (16.35%), Copper: 0.3mg (14.81%), Vitamin B6: 0.29mg (14.38%), Vitamin B2: 0.24mg (14.25%), Vitamin K: 13.91µg (13.25%), Magnesium: 48.45mg (12.11%), Vitamin B3: 2.36mg (11.82%), Vitamin B5: 1.13mg (11.31%), Folate: 45.07µg (11.27%), Vitamin C: 8.83mg (10.71%), Selenium: 5.5µg (7.86%), Vitamin E: 1.09mg (7.24%), Zinc: 0.83mg (5.53%), Vitamin D: 0.81µg (5.41%), Vitamin B12: 0.22µg (3.65%)