



Leek-Apple-Yam Gratin

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



543 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups whipping cream (heavy)
- ☐ 2 cups leek sliced
- ☐ 2 tablespoons thyme leaves dried fresh chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 pound yam peeled thinly sliced (2 cups)
- ☐ 2 cups parsnips peeled thinly sliced

- ☐ 8 ounces cheddar cheese white grated
- ☐ 1.5 cups cooking oil thinly sliced

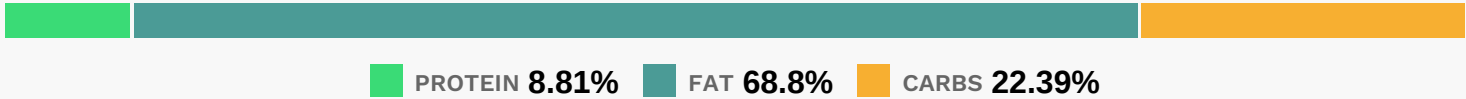
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375°. Grease 3-quart casserole.
- ☐ Cook whipping cream, leeks, thyme, salt, pepper and nutmeg in heavy 2-quart saucepan over low heat, stirring occasionally, until mixture begins to simmer. Stir in yams and parsnips. Cover and simmer about 10 minutes or until vegetables are slightly tender.
- ☐ Layer half of the vegetable mixture and half of the cheese in casserole. Top with apple. Repeat layers of vegetables and cheese.
- ☐ Bake uncovered about 45 minutes or until golden brown and bubbly.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:11.56, Inflammation Score:-10, Nutrition Score:18.350434987441%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 543.07kcal (27.15%), Fat: 42.34g (65.14%), Saturated Fat: 19.57g (122.34%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 25.6g (9.31%), Sugar: 5.17g (5.74%), Cholesterol: 93.83mg (31.28%), Sodium: 663.88mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.41%), Vitamin A: 1791.81IU (35.84%), Calcium: 353.28mg (35.33%), Vitamin K: 35.84µg (34.13%), Manganese: 0.67mg (33.72%), Vitamin C:

24.83mg (30.09%), Phosphorus: 277.71mg (27.77%), Vitamin E: 3.83mg (25.55%), Potassium: 774.21mg (22.12%), Fiber: 5.4g (21.58%), Selenium: 13.68µg (19.55%), Vitamin B2: 0.32mg (18.84%), Folate: 72.78µg (18.19%), Vitamin B6: 0.33mg (16.35%), Zinc: 1.99mg (13.24%), Magnesium: 50.79mg (12.7%), Copper: 0.22mg (11.14%), Vitamin B1: 0.14mg (9.57%), Iron: 1.72mg (9.57%), Vitamin B12: 0.48µg (8%), Vitamin B5: 0.78mg (7.79%), Vitamin D: 1.02µg (6.8%), Vitamin B3: 0.84mg (4.19%)