



Rum-Glazed Sweet Potato, Apple, and Chestnut Gratin



Vegetarian



Gluten Free

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READY IN

ready

130 min.

SERVINGS

servings

8

CALORIES

calories

420 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 cup vacuum-packed roasted chestnuts halved available at specialty food shops
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 tablespoons rum dark
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon mace
- ☐ 0.5 cup honey

- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 golden delicious apples peeled cut lengthwise into 1/8ths
- ☐ 3 pounds sweet potatoes with a skewer
- ☐ 6 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Bake the sweet potatoes in the middle of the oven for 45 minutes to 1 hour, or until tender.
- ☐ Let them cool. Peel the sweet potatoes and cut them diagonally into 1/4-inch slices.
- ☐ In a bowl toss the apples with the lemon juice and arrange them with the sweet potato slices in a buttered 14-inch gratin dish.
- ☐ Sprinkle with the chestnuts.
- ☐ In a stainless steel or enameled saucepan, cook the remaining ingredients over moderate heat, stirring, until the sugar is dissolved. Spoon the mixture over the sweet potatoes and apples and bake the gratin in the middle of the oven, basting occasionally, for 30 minutes, or until the apples are just tender and the sweet potatoes are heated through.
- ☐ The uncooked gratin can be assembled 1 day ahead and kept refrigerated, covered.
- ☐ Bake, uncovered, basting occasionally, for 40 minutes.
- ☐ Put the gratin under a preheated broiler about 4 inches from the heat until the edges are browned lightly.

Nutrition Facts



Properties

Glycemic Index:27.03, Glycemic Load:32.75, Inflammation Score:-10, Nutrition Score:15.220000020836%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 419.91kcal (21%), Fat: 8.98g (13.82%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 83.19g (27.73%), Net Carbohydrates: 76.3g (27.75%), Sugar: 45.14g (50.16%), Cholesterol: 22.58mg (7.53%), Sodium: 100.64mg (4.38%), Alcohol: 1.25g (100%), Alcohol %: 0.51% (100%), Protein: 3.35g (6.7%), Vitamin A: 24436.92IU (488.74%), Manganese: 0.59mg (29.71%), Fiber: 6.89g (27.58%), Vitamin B6: 0.46mg (23.08%), Potassium: 774.18mg (22.12%), Vitamin C: 17.48mg (21.19%), Copper: 0.37mg (18.5%), Vitamin B5: 1.54mg (15.42%), Magnesium: 53.94mg (13.48%), Vitamin B1: 0.17mg (11.52%), Phosphorus: 99.18mg (9.92%), Iron: 1.52mg (8.42%), Folate: 33.59µg (8.4%), Vitamin B2: 0.14mg (8.1%), Calcium: 75.66mg (7.57%), Vitamin B3: 1.27mg (6.34%), Vitamin E: 0.82mg (5.49%), Vitamin K: 5.34µg (5.08%), Zinc: 0.7mg (4.64%), Selenium: 1.51µg (2.15%), Vitamin D: 0.16µg (1.05%)