



Scalloped Sweet Potato Stacks

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons thyme leaves fresh divided chopped
- ☐ 1 garlic clove pressed
- ☐ 0.7 cup heavy cream
- ☐ 4 oz freshly mozzarella cheese shredded divided
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 tsp salt
- ☐ 1.5 pounds sweet potatoes peeled thinly sliced
- ☐ 12 servings garnish: thyme fresh

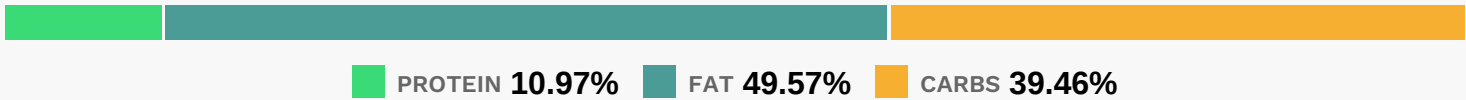
Equipment

- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 37
- ☐ Layer half of sweet potatoes in a lightly greased 12-cup muffin pan.
- ☐ Sprinkle with 1 1/2 tsp. thyme and 1/2 cup cheese. Top with remaining sweet potatoes. (Potatoes will come slightly above the rim of each cup.)
- ☐ Microwave cream, next 3 ingredients, and remaining 1/2 tsp. thyme at HIGH 1 minute.
- ☐ Pour cream mixture into muffin cups (about 1 Tbsp. per cup).
- ☐ Bake at 375, covered with aluminum foil, 30 minutes. Uncover and sprinkle with remaining 1/2 cup cheese.
- ☐ Bake 5 to 7 minutes or until cheese is melted and slightly golden.
- ☐ Let stand 5 minutes. Run a sharp knife around rim of each cup, and lift potato stacks from cups using a spoon or thin spatula.
- ☐ Transfer to a serving platter.
- ☐ Garnish, if desired.
- ☐ *Gruyre cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:5.78, Inflammation Score:-10, Nutrition Score:8.5208695815957%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.89kcal (6.19%), Fat: 6.94g (10.67%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 10.52g (3.83%), Sugar: 2.86g (3.17%), Cholesterol: 22.41mg (7.47%), Sodium: 191.07mg (8.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin A: 8365.74IU (167.31%), Manganese: 0.18mg (9.1%), Calcium: 79.56mg (7.96%), Fiber: 1.9g (7.61%), Phosphorus: 69.63mg (6.96%), Vitamin B6: 0.13mg (6.72%), Potassium: 220.51mg (6.3%), Vitamin B2: 0.09mg (5.46%), Vitamin B5: 0.51mg (5.08%), Copper: 0.1mg (4.84%), Magnesium: 19.26mg (4.81%), Vitamin C: 3.65mg (4.43%), Vitamin B12: 0.24µg (3.94%), Iron: 0.64mg (3.57%), Selenium: 2.38µg (3.4%), Vitamin B1: 0.05mg (3.39%), Zinc: 0.51mg (3.37%), Folate: 8.04µg (2.01%), Vitamin E: 0.29mg (1.92%), Vitamin B3: 0.36mg (1.8%), Vitamin D: 0.25µg (1.66%), Vitamin K: 1.73µg (1.65%)