



Scalloped Sweet Potatoes Au Gratin

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



533 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter softened
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 8 servings salt and ground pepper black to taste
- 2 cups heavy whipping cream
- 1 cup milk
- 0.5 cup panko bread crumbs
- 0.5 cup cheddar cheese shredded

10 sweet potatoes peeled thinly sliced

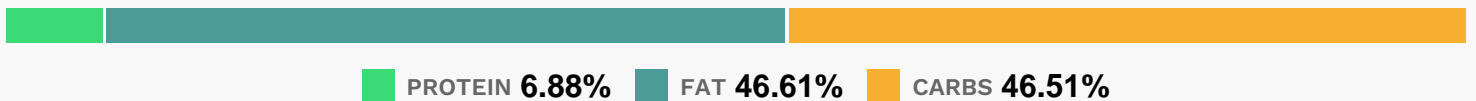
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Combine cream, milk, nutmeg, cinnamon, salt, and black pepper in a large saucepan over medium heat.
- Add sweet potatoes and simmer until sauce is thickened and sweet potatoes are almost tender, 10 to 15 minutes.
- Transfer mixture to the prepared baking dish.
- Combine panko bread crumbs, Cheddar cheese, and butter in a bowl; sprinkle topping over sweet potato mixture.
- Bake in the preheated oven until potatoes are tender and cheese topping is browned and bubbling, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:28.68, Inflammation Score:-10, Nutrition Score:21.064782515816%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 533.49kcal (26.67%), Fat: 28.09g (43.21%), Saturated Fat: 17.54g (109.61%), Carbohydrates: 63.05g (21.02%), Net Carbohydrates: 54.29g (19.74%), Sugar: 15.31g (17.01%), Cholesterol: 85.48mg (28.49%), Sodium: 279.23mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.65%), Vitamin A: 41161.61IU (823.23%), Manganese: 0.8mg (40.2%), Fiber: 8.76g (35.05%), Vitamin B6: 0.64mg (32%), Potassium: 1070.23mg (30.58%), Vitamin B5: 2.58mg (25.81%), Phosphorus: 237.97mg (23.8%), Copper: 0.45mg (22.42%), Calcium: 221.09mg (22.11%), Vitamin B2: 0.37mg (22%), Magnesium: 82.51mg (20.63%), Vitamin B1: 0.29mg (19.23%), Iron: 2mg (11.11%), Selenium: 7.05µg (10.07%), Folate: 39.18µg (9.79%), Vitamin E: 1.44mg (9.59%), Zinc: 1.44mg (9.59%), Vitamin B3: 1.9mg (9.51%), Vitamin D: 1.33µg (8.87%), Vitamin C: 7.15mg (8.66%), Vitamin K: 7.95µg (7.57%), Vitamin B12: 0.35µg (5.9%)