



Scalloped Yukon Gold and Sweet Potato Gratin with Fresh Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter ()
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 1 tablespoon sage fresh minced
- ☐ 1 tablespoon thyme sprigs fresh minced
- ☐ 2 garlic clove minced
- ☐ 2 cups cup heavy whipping cream

- ☐ 1 tablespoon parsley fresh italian minced
- ☐ 1.5 pounds cubes red-skinned sweet potato (yams)
- ☐ 1.5 teaspoons sea salt fine
- ☐ 1.5 pounds yukon gold potatoes

Equipment

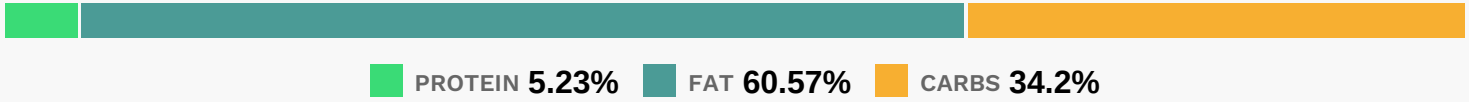
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Fill large bowl with cold water. Working with 1 Yukon Gold potato at a time, peel, then cut into 1/8-inch-thick rounds and place in bowl with water. Repeat with sweet potatoes.
- ☐ Combine cream, butter, and garlic in medium saucepan; bring to simmer.
- ☐ Remove from heat.
- ☐ Mix all herbs in small bowl.
- ☐ Mix sea salt and black pepper in another small bowl.
- ☐ Butter 13x9x2-inch glass baking dish.
- ☐ Drain potatoes, then pat dry with kitchen towels.
- ☐ Transfer half of potatoes to prepared baking dish. Use hands to distribute and spread evenly.
- ☐ Sprinkle with half of salt-pepper mixture, then half of herb mixture.
- ☐ Sprinkle with half of cheese. Repeat with remaining potatoes, salt-pepper mixture, herb mixture, and cheese.
- ☐ Pour cream mixture over gratin, pressing lightly to submerge potato mixture as much as possible. DO AHEAD: Can be made 6 hours ahead. Cover with plastic wrap and chill.
- ☐ Remove plastic wrap before baking.

- ☐
- Preheat oven to 400°F. Cover gratintightly with foil.
- ☐
- Bake 30 minutes. Uncover;bake until top of gratin is golden and most ofliquid is absorbed, about 25 minutes longer.
- ☐
- Let stand 10 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:22.73, Glycemic Load:7.35, Inflammation Score:-10, Nutrition Score:16.301739132923%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 266.18kcal (13.31%), Fat: 18.35g (28.22%), Saturated Fat: 11.61g (72.58%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 19.99g (7.27%), Sugar: 5.29g (5.87%), Cholesterol: 54.99mg (18.33%), Sodium: 356.03mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin A: 11660.23IU (233.2%), Copper: 1.68mg (84.01%), Vitamin C: 24.09mg (29.2%), Manganese: 0.46mg (22.8%), Vitamin B6: 0.35mg (17.65%), Potassium: 559.21mg (15.98%), Fiber: 3.31g (13.25%), Vitamin B2: 0.16mg (9.36%), Vitamin K: 9.66µg (9.2%), Phosphorus: 89.15mg (8.91%), Magnesium: 33.67mg (8.42%), Vitamin B5: 0.79mg (7.85%), Vitamin B1: 0.12mg (7.83%), Vitamin B3: 1.49mg (7.45%), Calcium: 63.93mg (6.39%), Iron: 1.09mg (6.04%), Vitamin E: 0.89mg (5.91%), Vitamin D: 0.63µg (4.23%), Folate: 15.19µg (3.8%), Zinc: 0.48mg (3.19%), Selenium: 1.6µg (2.28%), Vitamin B12: 0.07µg (1.19%)