



## Smoky Potato Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

### Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 1 medium size baking potato peeled thinly sliced
- ☐ 1 teaspoon chipotle pepper mashed
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 1 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 2 medium size sweet potatoes peeled thinly sliced
- ☐ 1 cup whipping cream

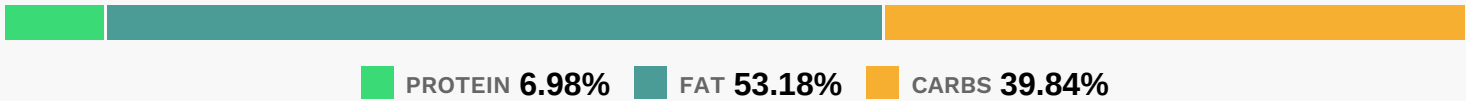
## Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Sprinkle garlic in bottom of a buttered 11- x 7-inch baking dish.
- ☐ Whisk together whipping cream and next 6 ingredients.
- ☐ Layer half of potato slices over garlic; top with half of cream mixture. Repeat procedure with remaining potato slices and cream mixture.
- ☐ Bake, covered, at 350 for 40 minutes. Uncover and bake 30 more minutes or until gratin is golden brown.
- ☐ Let stand 15 minutes before serving.
- ☐ Note: For testing purposes, we used canned chipotle peppers in adobo sauce. They may be found in the ethnic section of the grocery store.

## Nutrition Facts



## Properties

Glycemic Index:39.72, Glycemic Load:10.75, Inflammation Score:-10, Nutrition Score:10.094782590866%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 200.32kcal (10.02%), Fat: 12.07g (18.57%), Saturated Fat: 7.48g (46.72%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 18.05g (6.57%), Sugar: 5.15g (5.72%), Cholesterol: 37.28mg (12.43%), Sodium: 339.73mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin A: 8505.77IU (170.12%), Vitamin B6: 0.24mg (12.22%), Potassium: 381.64mg (10.9%), Manganese: 0.21mg (10.66%), Phosphorus: 91.93mg (9.19%), Fiber: 2.3g (9.18%), Vitamin B2: 0.15mg (8.77%), Calcium: 80.31mg (8.03%), Vitamin B5: 0.73mg (7.31%), Vitamin B1: 0.1mg (6.75%), Magnesium: 26.79mg (6.7%), Copper: 0.12mg (6.04%), Vitamin D: 0.81µg (5.41%), Iron: 0.72mg (4.01%), Vitamin C: 3.24mg (3.93%), Vitamin B3: 0.73mg (3.67%), Selenium: 2.49µg (3.55%), Vitamin B12: 0.21µg (3.54%), Folate: 13.84µg (3.46%), Vitamin E: 0.47mg (3.16%), Zinc: 0.46mg (3.08%), Vitamin K: 2.75µg (2.62%)