

Smoky Yam Gratin

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



556 kcal

SIDE DISH

Ingredients

- 0.3 cup bread crumbs
- 2 tablespoons butter
- 1 cup chicken stock see
- 2 smoky chipotles minced
- 2 tablespoons flour all-purpose
- 1 teaspoon garlic minced
- 8 ounces gouda cheese smoked grated
- 1.5 cups heavy cream

- 1 small onion diced
- 0.3 cup freshly parsley leaves chopped
- 6 servings salt and pepper black freshly ground
- 2 pounds yams peeled cut into 1/4-inch disks (5 to 7) (or sweet potatoes)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- In a small saucepan over medium-high heat, melt the butter and add the garlic. When the garlic has browned, add the onions. Cook the onions until slightly caramelized, about 3 to 5 minutes. Stir in the flour and the chipotles and cook for an additional minute.
- Pour the cream and stock into the pan and stir. Season with salt and pepper, to taste. Bring the mixture to a simmer, stirring occasionally.
- Layer about 1/3 of the yam slices in a well greased 11-inch baking dish.
- Drizzle 1/3 of the cream sauce over the yams and sprinkle some cheese on top. Repeat the steps, reserving 1/4 cup of the cheese.
- In a small bowl, mix together the bread crumbs, reserved cheese and parsley. Set aside.
- Cover the yams with foil and bake in the oven for 30 minutes.
- Remove from the oven, discard the foil and top with the bread crumb mixture. Return to the oven for an additional 15 minutes.
- Remove from the oven and allow to sit for 5 minutes before serving.
- Garnish with chopped parsley and serve.

Nutrition Facts

PROTEIN 11.27% FAT 58.46% CARBS 30.27%

Properties

Glycemic Index:55.17, Glycemic Load:16.95, Inflammation Score:-10, Nutrition Score:21.223913026893%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 555.87kcal (27.79%), Fat: 36.58g (56.27%), Saturated Fat: 22.99g (143.71%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 36.83g (13.39%), Sugar: 11.31g (12.56%), Cholesterol: 121.56mg (40.52%), Sodium: 532.98mg (23.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Vitamin A: 22867.09IU (457.34%), Vitamin K: 47.42µg (45.17%), Calcium: 367.64mg (36.76%), Phosphorus: 339.76mg (33.98%), Manganese: 0.49mg (24.67%), Vitamin B2: 0.4mg (23.69%), Fiber: 5.79g (23.16%), Vitamin B6: 0.42mg (21.04%), Potassium: 700.63mg (20.02%), Selenium: 11.22µg (16.03%), Vitamin B5: 1.56mg (15.59%), Vitamin B1: 0.23mg (15.14%), Zinc: 2.27mg (15.11%), Magnesium: 59.82mg (14.95%), Copper: 0.3mg (14.81%), Vitamin B12: 0.7µg (11.68%), Folate: 44.53µg (11.13%), Vitamin C: 8.41mg (10.19%), Vitamin B3: 2.04mg (10.18%), Iron: 1.69mg (9.38%), Vitamin E: 1.18mg (7.86%), Vitamin D: 1.14µg (7.61%)