



Spiced Sweet Potato Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 0.8 teaspoon ground ginger
- ☐ 4 pounds red-skinned sweet potatoes
- ☐ 0.5 teaspoon salt (scant)
- ☐ 1.5 cups cup heavy whipping cream sour divided
- ☐ 12 ounces cheddar shredded white extra-sharp

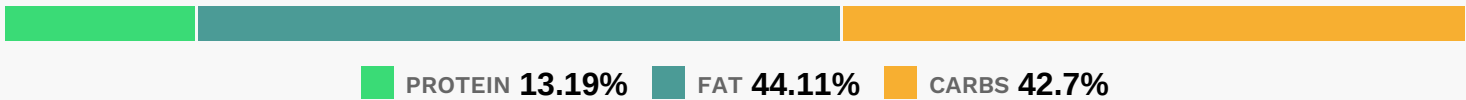
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F. Cook sweet potatoes in large pot of boiling salted water until just tender, about 20 minutes (do not overcook).
- ☐ Drain well and cool. Peel sweet potatoes; cut into 1/4-inch-thick slices.
- ☐ Mix curry powder, cumin, cinnamon, ginger, and salt in small bowl to blend. Completely line bottom of 9-inch-diameter springform pan with sweet potato slices, filling in any spaces with cut-up sweet potato slices. Press down lightly.
- ☐ Spread 1/2 cup sour cream over sweet potatoes.
- ☐ Sprinkle 1 tablespoon spice mixture over sour cream.
- ☐ Sprinkle with 1 cup cheese. Repeat twice with remaining sweet potatoes, sour cream, spice mixture, and cheese.
- ☐ Place pan on rimmed baking sheet; bake until cheese is melted and sweet potatoes are heated through, about 40 minutes. DO AHEAD Can be made 8 hours ahead. Cover and chill. If desired, reheat in 400°F oven until hot, about 15 minutes.
- ☐ Remove pan sides from gratin; cut into wedges.
- ☐ Serve gratin warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:22.439565446066%

Nutrients (% of daily need)

Calories: 375.48kcal (18.77%), Fat: 18.76g (28.86%), Saturated Fat: 10.1g (63.16%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 34.5g (12.54%), Sugar: 13.08g (14.54%), Cholesterol: 54.37mg (18.12%), Sodium: 416.15mg (18.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.23%), Vitamin A: 35438.39IU (708.77%), Manganese: 1.03mg (51.56%), Vitamin C: 35.99mg (43.63%), Calcium: 354.51mg (35.45%), Phosphorus: 285.44mg (28.54%), Vitamin B6: 0.57mg (28.36%), Potassium: 953.78mg (27.25%), Fiber: 6.35g (25.4%), Vitamin B2: 0.4mg (23.78%), Vitamin B5: 1.86mg (18.62%), Magnesium: 65.76mg (16.44%), Selenium: 11.49µg (16.41%), Copper: 0.32mg (16.05%), Vitamin B1: 0.22mg (14.42%), Vitamin B3: 2.81mg (14.06%), Zinc: 2mg (13.36%), Vitamin E: 1.83mg (12.2%), Iron: 1.95mg (10.83%), Vitamin B12: 0.43µg (7.22%), Vitamin K: 6.19µg (5.89%), Folate: 21.11µg (5.28%), Vitamin D: 0.2µg (1.36%)