



Sweet Potato and Apple Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter melted
- ☐ 1.3 pounds apples i use 2 granny smith apples peeled thinly sliced
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup maple syrup
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt

- ☐ 2 pounds sweet potatoes and into peeled thinly sliced
- ☐ 2 ounce sandwich bread white

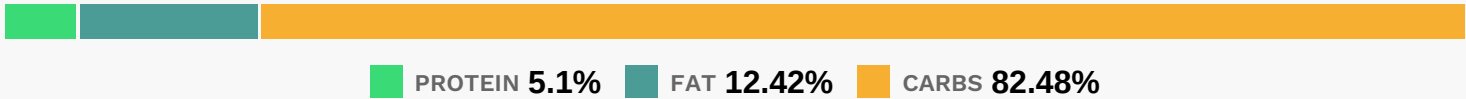
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine apples and lemon juice in a large bowl.
- ☐ Add the sweet potatoes and the next 4 ingredients (sweet potatoes through pepper).
- ☐ Place the sweet potato mixture in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 40 minutes, stirring after 25 minutes.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1 cup.
- ☐ Combine breadcrumbs, oil, and nutmeg; sprinkle over the sweet potato mixture.
- ☐ Bake for an additional 15 minutes or until golden.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:44.16, Glycemic Load:18.83, Inflammation Score:-10, Nutrition Score:12.353043444293%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg,
Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol:
0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,
Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg,
Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:
0.03mg, Myricetin: 0.03mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 202.69kcal (10.13%), Fat: 2.88g (4.43%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 42.98g (14.33%), Net
Carbohydrates: 37.68g (13.7%), Sugar: 18.55g (20.62%), Cholesterol: 3.76mg (1.25%), Sodium: 254.43mg (11.06%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin A: 16170.31IU (323.41%), Manganese:
0.6mg (30.05%), Fiber: 5.3g (21.19%), Potassium: 491.07mg (14.03%), Vitamin B2: 0.23mg (13.72%), Vitamin B6:
0.27mg (13.66%), Copper: 0.2mg (10.04%), Vitamin B5: 0.99mg (9.92%), Vitamin B1: 0.14mg (9.57%), Magnesium:
36.22mg (9.05%), Vitamin C: 6.23mg (7.55%), Phosphorus: 69.8mg (6.98%), Calcium: 65.14mg (6.51%), Iron: 1.04mg
(5.79%), Folate: 22.7µg (5.68%), Vitamin B3: 1.04mg (5.22%), Vitamin K: 4.44µg (4.23%), Vitamin E: 0.62mg (4.16%),
Zinc: 0.51mg (3.37%), Selenium: 2.35µg (3.35%)