



Sweet Potato and Butternut Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- 1 pound baking potatoes peeled cut into 1/8-inch-thick slices
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 8 ounces butternut squash peeled cut into 1/8-inch-thick slices
- 5 tablespoons flour all-purpose divided
- 1 teaspoon thyme sprigs fresh chopped
- 2 garlic clove minced
- 0.1 teaspoon ground pepper red
- 1.5 ounces gruyere cheese shredded

- 2 cups milk 2% reduced-fat
- 1 ounce pancetta chopped
- 3 ounces parmesan fresh grated
- 0.5 teaspoon salt
- 0.3 cup shallots chopped
- 8 ounces sweet potatoes and into peeled cut into 1/8-inch-thick slices

Equipment

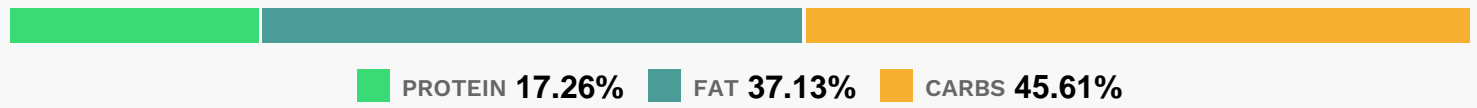
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- broiler
- measuring cup
- slotted spoon

Directions

- Preheat oven to 37
- Melt butter in a small saucepan over medium-high heat.
- Add pancetta; cook 1 minute.
- Add shallots and garlic; cook 2 minutes, stirring constantly. Weigh or lightly spoon 1 ounces (about 1/4 cup) flour into a dry measuring cup; level with a knife.
- Add to pan; cook 2 minutes, stirring constantly with a whisk. Stir in thyme. Gradually add milk, stirring constantly with a whisk; cook over medium heat until slightly thick (about 3 minutes), stirring constantly. Stir in Parmigiano-Reggiano; cook 3 minutes or until cheese melts. Stir in salt and peppers.
- Remove from heat.

- Cook baking potato in boiling water 4 minutes or until almost tender; remove with a slotted spoon. Cook sweet potato in boiling water 4 minutes or until almost tender; remove with a slotted spoon. Cook butternut squash in boiling water 4 minutes or until almost tender; drain.
- Sprinkle vegetables evenly with remaining 1 tablespoon flour. Arrange potatoes and squash in alternating layers in a broiler-safe 11 x 7-inch baking dish coated with cooking spray; spoon sauce over potato mixture. Top with Gruyere.
- Bake at 375 for 40 minutes.
- Preheat broiler. Broil 3 minutes or until golden.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:57.97, Glycemic Load:13.96, Inflammation Score:-10, Nutrition Score:14.833043562329%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 239.1kcal (11.95%), Fat: 10.03g (15.44%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 25.12g (9.14%), Sugar: 5.86g (6.51%), Cholesterol: 27.66mg (9.22%), Sodium: 448.03mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin A: 7344.37IU (146.89%), Calcium: 287.36mg (28.74%), Phosphorus: 231.23mg (23.12%), Vitamin B6: 0.38mg (19.17%), Potassium: 572.87mg (16.37%), Manganese: 0.32mg (15.92%), Vitamin B2: 0.23mg (13.66%), Vitamin C: 11.23mg (13.62%), Vitamin B1: 0.18mg (12.02%), Magnesium: 46.78mg (11.69%), Selenium: 7.72µg (11.02%), Fiber: 2.61g (10.43%), Vitamin B12: 0.55µg (9.15%), Vitamin B5: 0.87mg (8.72%), Folate: 34.32µg (8.58%), Vitamin B3: 1.62mg (8.12%), Zinc: 1.2mg (7.99%), Iron: 1.36mg (7.56%), Copper: 0.15mg (7.53%), Vitamin E: 0.66mg (4.38%), Vitamin K: 2.85µg (2.71%)