



Sweet Potato and Turnip Gratin

READY IN



45 min.

SERVINGS



12

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 1 cup bread crumbs
- ☐ 1 tablespoons tarragon leaves fresh finely chopped
- ☐ 2 cups heavy cream
- ☐ 1 cup imported parmesan cheese grated
- ☐ 12 servings salt
- ☐ 2 pounds sweet potatoes peeled sliced
- ☐ 2 pounds turnips white peeled sliced
- ☐ 0.3 pound butter unsalted (1 stick)

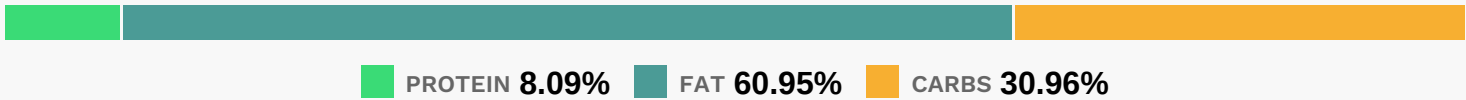
Equipment

- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ microwave

Directions

- ☐ Preheat the oven to 350°F. Butter a 3-quart casserole.
- ☐ To blanch the turnips, bring a large pot of water to the boil.
- ☐ Add the sliced turnips and cook 5 minutes.
- ☐ Remove them and drain thoroughly in a strainer.
- ☐ Gently combine the turnips and sweet potatoes.
- ☐ Place a layer of the vegetables in the casserole and dot with half the butter.
- ☐ Sprinkle generously with tarragon, salt, and pepper, and cover with half of the Parmesan. Make another layer. Top with the bread crumbs and pour the cream around the sides. Dot with the remaining butter and Parmesan.
- ☐ Bake until the vegetables are soft but not mushy, 1 to 1 1/2 hours.
- ☐ The gratin can be made ahead several days, or frozen for up to 3 months.
- ☐ Let defrost in the refrigerator and reheat for 30 to 45 minutes in the oven, or reheat in the microwave.
- ☐ Variation
- ☐ Omit the sweet potatoes and double the amount of turnips.
- ☐ Nathalie Dupree's Comfortable Entertaining by Nathalie Dupree
- ☐ Viking

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:10.32, Inflammation Score:-10, Nutrition Score:14.62260874458%

Flavonoids

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

Nutrients (% of daily need)

Calories: 358.99kcal (17.95%), Fat: 24.77g (38.11%), Saturated Fat: 15.49g (96.8%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 24.2g (8.8%), Sugar: 7.82g (8.69%), Cholesterol: 70.81mg (23.6%), Sodium: 497.53mg (21.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Vitamin A: 11634.57IU (232.69%), Vitamin C: 18.22mg (22.08%), Manganese: 0.44mg (22.06%), Calcium: 196.15mg (19.62%), Fiber: 4.1g (16.41%), Phosphorus: 155.88mg (15.59%), Potassium: 483.4mg (13.81%), Vitamin B6: 0.27mg (13.65%), Vitamin B2: 0.22mg (12.85%), Vitamin B1: 0.19mg (12.63%), Copper: 0.22mg (10.77%), Magnesium: 39.92mg (9.98%), Vitamin B5: 0.96mg (9.56%), Selenium: 6.44µg (9.2%), Folate: 33.35µg (8.34%), Iron: 1.43mg (7.96%), Vitamin B3: 1.43mg (7.13%), Zinc: 0.92mg (6.12%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.82µg (5.45%), Vitamin K: 4.27µg (4.06%), Vitamin B12: 0.21µg (3.52%)