



Sweet Potato-Chèvre Napoleons



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 0.8 cup goat cheese fresh (goat cheese)
- ☐ 1 teaspoon thyme sprigs dried fresh minced
- ☐ 0.5 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 4 servings potatoes crisp
- ☐ 4 servings salt and pepper

- ☐ 12 ounces shallots peeled ()
- ☐ 1.5 pounds sweet potatoes and into ()

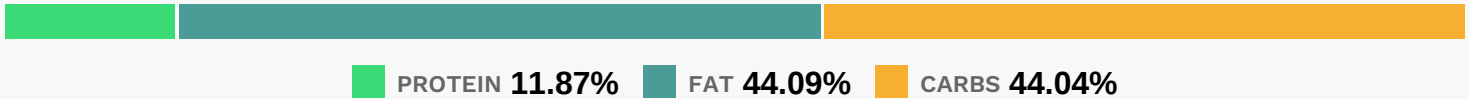
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ potato masher
- ☐ pot holder

Directions

- ☐ Scrub sweet potatoes, pierce each in several places with a fork, and set in an 8- or 9-inch-wide pan. In another pan, mix shallots with oil and vinegar.
- ☐ Bake shallots in a 375 oven, shaking pan occasionally, until deep golden brown, about 45 minutes; bake sweet potatoes until they give very easily when squeezed, about 1 hour.
- ☐ Protecting your hands with a potholder, slit hot sweet potatoes open and scoop flesh into a bowl; discard skins. With a potato masher or a mixer, mash sweet potatoes, 1/2 cup milk, cheese, butter, and thyme until smooth; for a softer texture, beat in more milk. Season to taste with salt and pepper.
- ☐ Lay a large, hot galette piece on each of four warmed dinner plates. Mound half the hot sweet-potato mixture equally in center of galettes.
- ☐ Lay another galette flat on each sweet-potato mound. Top equally with remaining sweet-potato mixture. Stick remaining galette pieces and any fragments vertically into the sweet-potato mixture; spoon shallots around napoleons.

Nutrition Facts



Properties

Glycemic Index:88.69, Glycemic Load:21.57, Inflammation Score:-10, Nutrition Score:20.902608643407%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 456.81kcal (22.84%), Fat: 22.8g (35.08%), Saturated Fat: 11.38g (71.14%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 43.34g (15.76%), Sugar: 16.56g (18.4%), Cholesterol: 38.29mg (12.76%), Sodium: 512.4mg (22.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.63%), Vitamin A: 24822.87IU (496.46%), Vitamin B6: 0.78mg (38.94%), Manganese: 0.75mg (37.47%), Copper: 0.65mg (32.46%), Fiber: 7.92g (31.67%), Phosphorus: 274.66mg (27.47%), Potassium: 929.87mg (26.57%), Vitamin B5: 2.02mg (20.23%), Vitamin B2: 0.33mg (19.39%), Calcium: 185.23mg (18.52%), Magnesium: 72.75mg (18.19%), Iron: 3.05mg (16.93%), Vitamin B1: 0.23mg (15.46%), Vitamin C: 11.88mg (14.4%), Folate: 53.33µg (13.33%), Vitamin E: 1.74mg (11.59%), Zinc: 1.39mg (9.27%), Vitamin K: 9.32µg (8.88%), Vitamin B3: 1.36mg (6.78%), Selenium: 3.89µg (5.55%), Vitamin B12: 0.26µg (4.29%), Vitamin D: 0.51µg (3.37%)