



Sweet Potato Galette

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter divided melted
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 pounds sweet potatoes and into peeled sliced into 1/ rounds

Equipment

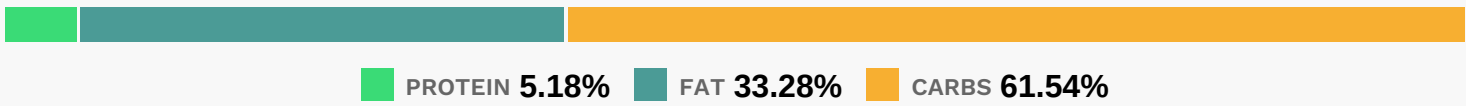
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Combine sweet potatoes and 2 tablespoons butter in a large bowl, tossing to coat.
- ☐ Combine flour and next 3 ingredients; sprinkle over potatoes and toss to coat.
- ☐ Place remaining 2 tablespoons butter in a 10" cast-iron skillet or other large ovenproof skillet. In the skillet, arrange sweet potatoes in a single layer, in slightly overlapping circles. Top with remaining sweet potatoes.
- ☐ Cut a circle of non-stick aluminum foil; place over potatoes.
- ☐ Place a 9" cast-iron skillet on top of foil to weigh the galette. Cook over medium heat for 5 minutes; don't remove cover.
- ☐ Transfer weighted skillet to oven; bake at 375 for 10 minutes.
- ☐ Remove top skillet and foil; and bake 15 more minutes, or until potatoes are tender. Loosen edges with a spatula and invert onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:16.43, Inflammation Score:-10, Nutrition Score:11.6234782688%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg 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: 207.8kcal (10.39%), Fat: 7.81g (12.01%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 27.82g (10.12%), Sugar: 6.36g (7.06%), Cholesterol: 20.34mg (6.78%), Sodium: 531.65mg (23.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin A: 21687.74IU (433.75%),

Manganese: 0.43mg (21.59%), Fiber: 4.66g (18.65%), Vitamin B6: 0.32mg (15.9%), Potassium: 517.07mg (14.77%), Vitamin B5: 1.23mg (12.33%), Copper: 0.24mg (11.76%), Magnesium: 38.99mg (9.75%), Vitamin B1: 0.14mg (9.23%), Phosphorus: 76.47mg (7.65%), Vitamin B2: 0.11mg (6.36%), Iron: 1.06mg (5.9%), Folate: 21.58µg (5.4%), Vitamin B3: 1mg (4.98%), Calcium: 49.14mg (4.91%), Vitamin C: 3.63mg (4.4%), Vitamin E: 0.62mg (4.11%), Vitamin K: 3.66µg (3.49%), Zinc: 0.48mg (3.23%), Selenium: 1.86µg (2.66%)