



Sweet Potato Gratin

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 6 oz gruyère cheese shredded divided
- ☐ 1.5 cups heavy cream divided
- ☐ 1.8 lb russet potatoes
- ☐ 2 lb sweet potatoes
- ☐ 1.5 teaspoons salt

Equipment

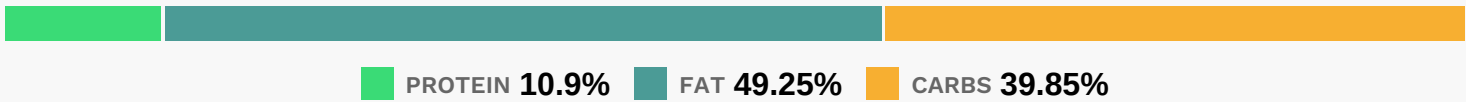
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ wire rack
- ☐ aluminum foil
- ☐ mandoline

Directions

- ☐ Preheat oven to 40
- ☐ Cut sweet potatoes and russet potatoes into 1/8-inch-thick slices, using a mandoline or sharp knife. Toss together potatoes, 3/4 cup heavy cream, and salt in a large bowl.
- ☐ Transfer to a lightly greased 2-qt. gratin dish, and spread potatoes into layers. Top with 1 cup Gruyre cheese.
- ☐ Pour 3/4 cup more heavy cream over potatoes, and sprinkle with remaining 1/2 cup Gruyre. Cover loosely with aluminum foil.
- ☐ Bake at 400 for 40 minutes. Uncover and bake 20 to 25 minutes or until potatoes are tender and cheese is golden brown.
- ☐ Transfer to a wire rack; cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:25.36, Inflammation Score:-10, Nutrition Score:17.407391423764%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 415.45kcal (20.77%), Fat: 23.11g (35.56%), Saturated Fat: 14.33g (89.55%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 37.4g (13.6%), Sugar: 6.73g (7.48%), Cholesterol: 73.81mg (24.6%), Sodium: 667.22mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.01%), Vitamin A: 16946.33IU (338.93%), Vitamin B6: 0.61mg (30.61%), Calcium: 291.39mg (29.14%), Phosphorus: 262.39mg (26.24%), Potassium: 855.62mg

(24.45%), Manganese: 0.45mg (22.68%), Fiber: 4.69g (18.77%), Magnesium: 61.96mg (15.49%), Vitamin B2: 0.25mg (14.42%), Vitamin B5: 1.44mg (14.39%), Copper: 0.29mg (14.27%), Vitamin B1: 0.19mg (12.77%), Vitamin C: 8.65mg (10.48%), Zinc: 1.57mg (10.44%), Iron: 1.63mg (9.05%), Vitamin B3: 1.71mg (8.55%), Selenium: 5.5µg (7.86%), Folate: 30.28µg (7.57%), Vitamin B12: 0.41µg (6.86%), Vitamin D: 0.84µg (5.61%), Vitamin K: 5.83µg (5.55%), Vitamin E: 0.77mg (5.17%)