



Sweet Potato Gratin

READY IN



115 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 3 lb sweet potatoes and into peeled cut into 1/4-inch slices
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup gruyere cheese shredded
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups frangelico

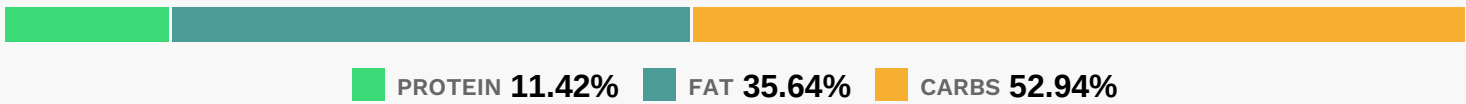
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. Butter 2-quart baking dish or gratin dish.
- ☐ Layer sweet potato slices to fill dish.
- ☐ In 1-quart saucepan, melt butter over medium-low heat. Stir in flour, salt and pepper. Cook and stir until mixture is smooth and bubbly. Gradually add half-and-half, stirring constantly, until mixture boils and thickens. Stir in cheese and nutmeg.
- ☐ Remove from heat; pour cheese sauce over sweet potatoes.
- ☐ Cover; bake 40 minutes or until potatoes are just tender.
- ☐ Bake uncovered 30 to 35 minutes longer or until golden.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:19.07, Inflammation Score:-10, Nutrition Score:14.628695671973%

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: 280.14kcal (14.01%), Fat: 11.19g (17.21%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 32.16g (11.69%), Sugar: 7.2g (8%), Cholesterol: 18.15mg (6.05%), Sodium: 569.04mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin A: 24542.25IU (490.85%), Manganese:

0.48mg (23.94%), Calcium: 220.97mg (22.1%), Fiber: 5.24g (20.95%), Phosphorus: 185.85mg (18.59%), Vitamin B6: 0.37mg (18.58%), Potassium: 594.86mg (17%), Vitamin B5: 1.48mg (14.77%), Copper: 0.27mg (13.47%), Magnesium: 49.77mg (12.44%), Vitamin B1: 0.17mg (11.62%), Vitamin B2: 0.17mg (10.11%), Zinc: 1.18mg (7.89%), Iron: 1.26mg (6.99%), Folate: 27.64µg (6.91%), Selenium: 4.74µg (6.77%), Vitamin B3: 1.2mg (5.99%), Vitamin C: 4.1mg (4.97%), Vitamin E: 0.71mg (4.74%), Vitamin B12: 0.27µg (4.52%), Vitamin K: 3.62µg (3.45%)