



Sweet-Potato Gratin

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



380 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon cayenne
- ☐ 2 cups heavy whipping cream
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 4 pounds sweet potatoes peeled

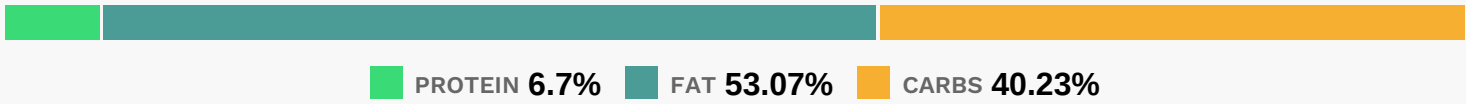
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Butter a 9- by 13-in. baking dish with 1 tbsp. butter. Arrange a third of the sweet potatoes, overlapping slightly, in the dish.
- ☐ Sprinkle with 1/4 cup cheese. Repeat with two more layers of sweet potatoes and cheese.
- ☐ In a small bowl, combine cream, salt, pepper, and cayenne.
- ☐ Pour over potatoes. Dot with the remaining 2 tbsp. butter. Cover dish with foil and bake 20 minutes.
- ☐ Remove foil and continue baking until sweet potatoes are tender and top is browned, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:18.03, Inflammation Score:-10, Nutrition Score:14.874347831892%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 379.97kcal (19%), Fat: 22.79g (35.07%), Saturated Fat: 14.31g (89.41%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 33.4g (12.15%), Sugar: 8.99g (9.99%), Cholesterol: 69.34mg (23.11%), Sodium: 503.48mg (21.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin A: 26631.37IU (532.63%), Manganese: 0.49mg (24.47%), Fiber: 5.48g (21.93%), Vitamin B6: 0.4mg (20.18%), Potassium: 673.85mg (19.25%), Phosphorus: 161.75mg (16.17%), Vitamin B5: 1.6mg (16.03%), Calcium: 153.82mg (15.38%), Copper: 0.28mg (14.2%),

Vitamin B2: 0.23mg (13.42%), Magnesium: 51.65mg (12.91%), Vitamin B1: 0.15mg (10.24%), Selenium: 5.19µg (7.42%),
Vitamin E: 1.06mg (7.08%), Iron: 1.2mg (6.69%), Zinc: 0.99mg (6.6%), Vitamin C: 4.68mg (5.67%), Folate: 22.51µg
(5.63%), Vitamin D: 0.8µg (5.33%), Vitamin B3: 1.05mg (5.27%), Vitamin K: 5.41µg (5.16%), Vitamin B12: 0.18µg
(3.08%)