



## Sweet Potato Gratin

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter softened
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup parmesan cheese fresh divided grated
- ☐ 1 cup onion sweet thinly sliced
- ☐ 2 pounds sweet potatoes peeled thinly sliced ( 3 large)
- ☐ 0.5 cup vegetable broth organic

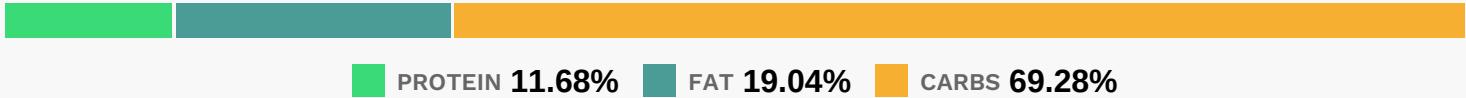
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

# Directions

- ☐ Melt butter in a medium nonstick skillet over medium heat.
- ☐ Add onion; saut 5 minutes or until lightly browned.
- ☐ Combine onion, sweet potato, next 4 ingredients (through pepper), and 1/4 cup cheese in a large bowl, tossing to coat with flour. Coat a 4-quart electric slow cooker with cooking spray.
- ☐ Transfer vegetable mixture to slow cooker.
- ☐ Pour broth over potato mixture.
- ☐ Sprinkle with remaining 1/4 cup cheese. Cover and cook on LOW for 4 hours or until potato is tender.

# Nutrition Facts



# Properties

Glycemic Index:27.67, Glycemic Load:7.96, Inflammation Score:-10, Nutrition Score:8.7360869600721%

# Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

# Nutrients (% of daily need)

Calories: 97.12kcal (4.86%), Fat: 2.08g (3.2%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 14.6g (5.31%), Sugar: 3.95g (4.39%), Cholesterol: 5.34mg (1.78%), Sodium: 253mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin A: 10816.25IU (216.33%), Manganese: 0.22mg (11.2%), Fiber: 2.45g (9.8%), Vitamin B6: 0.18mg (9.01%), Potassium: 277.56mg (7.93%), Calcium: 76.16mg (7.62%),

Phosphorus: 69.31mg (6.93%), Vitamin B5: 0.64mg (6.43%), Copper: 0.13mg (6.3%), Magnesium: 22.51mg (5.63%), Vitamin B1: 0.07mg (4.75%), Vitamin B2: 0.07mg (3.94%), Iron: 0.6mg (3.32%), Vitamin C: 2.72mg (3.3%), Folate: 12.94µg (3.24%), Vitamin B3: 0.49mg (2.46%), Zinc: 0.37mg (2.46%), Selenium: 1.69µg (2.41%), Vitamin K: 1.69µg (1.61%), Vitamin E: 0.24mg (1.58%)