



Sweet Potato Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon rosemary dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 garlic cloves divided minced
- ☐ 1.3 cups half-and-half
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup pecan halves chopped
- ☐ 2 pounds russet potatoes peeled cut into 1/4-inch-thick slices

- ☐ 1.5 teaspoons salt
- ☐ 1.5 pounds sweet potatoes peeled cut into 1/4-inch-thick slices
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup breadcrumbs fresh whole-wheat

Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a medium nonstick skillet over medium-high heat; add breadcrumbs, pecans, and half of garlic. Cook mixture until crumbs are golden (about 5 minutes), stirring well.
- ☐ Remove from heat; set aside. Coat an 8- x 8-inch baking dish with cooking spray; arrange potato slices in dish, alternating between sweet and Russet.
- ☐ Combine half-and-half and next 5 ingredients (through thyme) in a small bowl. Stir in remaining half of garlic; whisk well.
- ☐ Pour half-and-half mixture over potatoes in dish. Cover dish tightly with foil; bake in middle of oven 45 minutes to 1 hour or until potatoes are tender.
- ☐ Remove foil; discard.
- ☐ Sprinkle breadcrumb mixture evenly over potatoes; return to oven.
- ☐ Bake until crumbs are crispy, liquid is bubbling and reduced, and potatoes are tender (about 8 minutes).
- ☐ Let stand at least 15 minutes; serve.

Nutrition Facts



 **PROTEIN 8.82%**  **FAT 23.91%**  **CARBS 67.27%**

Properties

Glycemic Index:50.59, Glycemic Load:25.25, Inflammation Score:-10, Nutrition Score:15.654782647672%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 289.76kcal (14.49%), Fat: 8.18g (12.59%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 46g (16.73%), Sugar: 6.41g (7.12%), Cholesterol: 13.23mg (4.41%), Sodium: 583.87mg (25.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Vitamin A: 12209.52IU (244.19%), Vitamin B6: 0.61mg (30.71%), Manganese: 0.59mg (29.39%), Potassium: 831.68mg (23.76%), Fiber: 5.78g (23.12%), Phosphorus: 150.48mg (15.05%), Vitamin C: 12.25mg (14.85%), Iron: 2.65mg (14.72%), Copper: 0.29mg (14.72%), Magnesium: 55.89mg (13.97%), Vitamin B1: 0.2mg (13.44%), Vitamin B5: 1.17mg (11.73%), Vitamin B2: 0.17mg (10.22%), Vitamin B3: 1.79mg (8.97%), Calcium: 87.16mg (8.72%), Folate: 28.9µg (7.23%), Zinc: 0.9mg (6%), Vitamin K: 5.01µg (4.77%), Selenium: 2.83µg (4.04%), Vitamin E: 0.52mg (3.45%), Vitamin B12: 0.07µg (1.2%)