



Sweet-Potato Gratins

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

SIDE DISH

Ingredients

- 1 pinch pepper black freshly ground
- 2 large sweet potatoes and into (with the slicing disc attached) peeled thinly sliced
- 1 pinch nutmeg
- 1 cup gruyere cheese grated
- 1 cup heavy whipping cream
- 0.5 large baking potatoes peeled thinly sliced
- 12 servings kosher salt to taste
- 1 tablespoon butter unsalted at room temperature

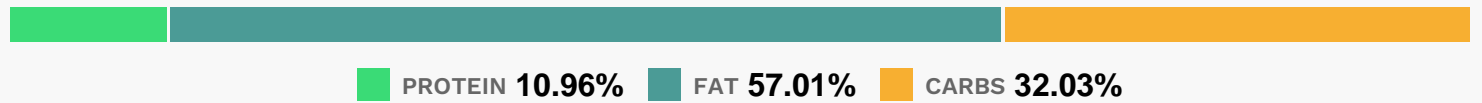
Equipment

- bowl
- frying pan
- oven
- muffin liners
- muffin tray

Directions

- Preheat oven to 400°F. With the butter, grease a 12-capacity muffin pan.
- In a large bowl, toss together the sweet potatoes, Idaho potato, cream, nutmeg, pepper, and salt.
- Layer the potato slices in each muffin cup until 3/4 full, then top off the muffin cups with any remaining cream.
- Sprinkle each gratin with some of the cheese. Cover the pan loosely with tinfoil and bake for 20 minutes.
- Remove the tinfoil and continue to bake until the potatoes are fork-tender and the cheese is golden brown, 10 to 15 minutes more.
- Remove and let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:7.83, Inflammation Score:-10, Nutrition Score:9.484347830648%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.57kcal (9.13%), Fat: 11.73g (18.05%), Saturated Fat: 7.28g (45.47%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 12.91g (4.69%), Sugar: 3.11g (3.45%), Cholesterol: 37.02mg (12.34%), Sodium: 309.76mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin A: 8464.57IU (169.29%), Calcium: 143.78mg (14.38%), Phosphorus: 113.61mg (11.36%), Vitamin B6: 0.19mg (9.38%), Manganese: 0.18mg (8.82%), Potassium: 283.55mg (8.1%), Fiber: 1.92g (7.68%), Vitamin B2: 0.11mg (6.36%), Vitamin B5: 0.61mg (6.13%), Magnesium: 23.25mg (5.81%), Copper: 0.11mg (5.42%), Zinc: 0.69mg (4.63%), Vitamin B1: 0.07mg (4.52%), Selenium: 2.61µg (3.72%), Vitamin B12: 0.21µg (3.5%), Iron: 0.52mg (2.9%), Vitamin C: 2.36mg (2.86%), Vitamin D: 0.4µg (2.67%), Vitamin E: 0.39mg (2.6%), Folate: 10.38µg (2.59%), Vitamin B3: 0.5mg (2.5%), Vitamin K: 2.32µg (2.21%)