



Sweet potato & spinach bake



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 ml single cream for a really creamy texture (or double cream)
- ☐ 1 garlic clove peeled
- ☐ 2 sprigs thyme leaves
- ☐ 250 g pkt spinach frozen
- ☐ 4 servings nutmeg freshly grated
- ☐ 4 servings butter for greasing
- ☐ 850 g sweet potatoes thick peeled thinly sliced (3mm)
- ☐ 25 g cheese such as cheddar, parmesan or veggie alternative hard grated

- ☐ 2 lamb chops
- ☐ 3 sprigs thyme leaves
- ☐ 1 tsp olive oil per serving

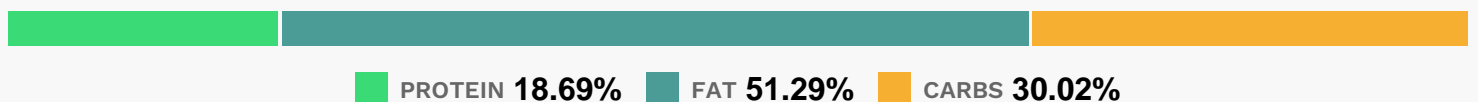
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ colander

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the cream, garlic and herb sprigs into a small saucepan and slowly bring to just below boiling. Turn off the heat, season and leave to infuse.
- ☐ Put the spinach into a colander, pour over a kettle of boiling water and leave to drain for a few mins. Then squeeze out as much water as possible. Season with salt, pepper and freshly grated nutmeg.
- ☐ Grease an ovenproof dish generously with butter and spread half the sweet potato slices across the bottom. Top with a layer of spinach, then the remaining potato.
- ☐ Pour over the cream mixture, through a sieve to remove the garlic and herbs, then sprinkle with cheese.
- ☐ Bake for 45–55 mins until golden and tender.
- ☐ Meanwhile, if youre serving the chops, heat a griddle or frying pan and finely chop the leaves from the herb sprig. Rub over the chops with the oil and some seasoning, then griddle or fry for 3–4 mins on each side or until cooked to your liking. Leave bake, and chops if serving, to rest for 5 mins, then serve with a big green salad.

Nutrition Facts



Properties

Glycemic Index:93.75, Glycemic Load:21.64, Inflammation Score:-10, Nutrition Score:35.616521679837%

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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 646.66kcal (32.33%), Fat: 37.33g (57.42%), Saturated Fat: 21.38g (133.65%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 40.47g (14.72%), Sugar: 10g (11.11%), Cholesterol: 163.4mg (54.47%), Sodium: 371.62mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.2%), Vitamin A: 38423.4IU (768.47%), Vitamin K: 239.52µg (228.11%), Manganese: 1.07mg (53.72%), Vitamin B6: 0.94mg (47.07%), Vitamin B12: 2.65µg (44.14%), Vitamin B2: 0.71mg (41.59%), Phosphorus: 406.08mg (40.61%), Potassium: 1291.83mg (36.91%), Zinc: 5.35mg (35.67%), Fiber: 8.67g (34.69%), Magnesium: 131.95mg (32.99%), Folate: 119.54µg (29.89%), Vitamin B3: 5.91mg (29.57%), Calcium: 288.34mg (28.83%), Copper: 0.57mg (28.63%), Vitamin B5: 2.74mg (27.42%), Iron: 4.55mg (25.25%), Vitamin B1: 0.36mg (23.77%), Vitamin E: 3.32mg (22.16%), Selenium: 15.17µg (21.68%), Vitamin C: 9.36mg (11.35%), Vitamin D: 0.49µg (3.24%)