



WHATSheATE

Two-Potato Gratin



Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1.5 cups gruyere cheese grated
- ☐ 1.5 cups half and half
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 0.5 teaspoon pepper
- ☐ 2 pounds baking potatoes peeled sliced
- ☐ 1.5 teaspoons salt

☐ 2 pounds sweet potatoes and into peeled sliced

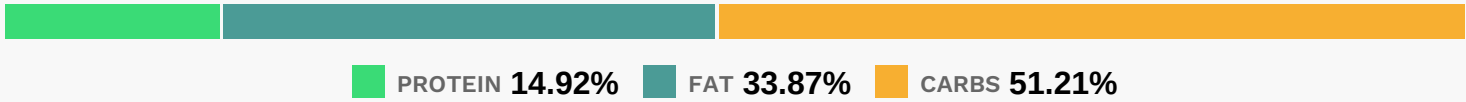
Equipment

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

Directions

- ☐ Preheat oven to 425F. Line a large, rimmed baking sheet with foil. Mist a 3-quart shallow microwave- and oven-safe baking dish with cooking spray.
- ☐ Combine sage and thyme in a small bowl. In baking dish, layer 1/3 of potatoes and sweet potatoes, alternating the slices.
- ☐ Sprinkle with 1/3 of herb mixture and 1/3 each salt and pepper. Repeat layering 3 times.
- ☐ Combine half-and-half and broth and pour over potatoes.
- ☐ Place dish on baking sheet and cover with foil.
- ☐ Bake 50 minutes. Uncover, sprinkle with cheese and bake until golden and bubbly, 20 to 25 minutes longer.
- ☐ Let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.47, Glycemic Load:27.43, Inflammation Score:-10, Nutrition Score:22.747826213422%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 353.41kcal (17.67%), Fat: 13.51g (20.78%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 45.95g (15.32%), Net Carbohydrates: 40.86g (14.86%), Sugar: 7.43g (8.25%), Cholesterol: 43.11mg (14.37%), Sodium: 713.03mg (31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Vitamin A: 16526.43IU (330.53%), Copper: 2.59mg (129.39%), Calcium: 357.16mg (35.72%), Vitamin B6: 0.68mg (33.79%), Phosphorus: 314.34mg (31.43%), Manganese: 0.58mg (29.1%), Potassium: 957.93mg (27.37%), Fiber: 5.08g (20.34%), Magnesium: 70.93mg (17.73%), Vitamin B2: 0.27mg (16.08%), Vitamin B5: 1.52mg (15.24%), Vitamin B1: 0.21mg (14.18%), Vitamin C: 10.99mg (13.33%), Zinc: 1.86mg (12.39%), Iron: 2.02mg (11.2%), Vitamin B3: 2.1mg (10.5%), Selenium: 6.18µg (8.83%), Vitamin B12: 0.5µg (8.28%), Folate: 32.6µg (8.15%), Vitamin K: 5.55µg (5.28%), Vitamin E: 0.49mg (3.27%)