

Two-Potato Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes peeled thinly sliced
- ☐ 2 tablespoons butter diced
- ☐ 1 teaspoon thyme leaves dried crumbled
- ☐ 2 tablespoons flour
- ☐ 2 large garlic cloves
- ☐ 2 cups half-and-half
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.5 teaspoons rubbed sage

- ☐ 1 teaspoon salt
- ☐ 1 pound sweet potatoes and into peeled halved lengthwise thinly sliced

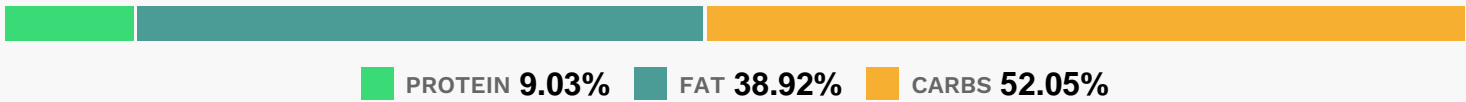
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Process first 5 ingredients in a food processor fitted with the chopping blade, 3 to 5 seconds or until garlic is finely chopped. Pulse in flour and 1/2 cup half-and-half, then pulse in remaining half-and-half.
- ☐ Transfer to a medium saucepan.
- ☐ Remove chopping blade from the processor, and insert medium slicing disk. Stand chunks of baking and sweet potato side by side in feed tube, and pulse through the disk. Repeat until all potatoes are sliced.
- ☐ Spread half the potatoes in a lightly greased shallow 2-quart baking or gratin dish.
- ☐ Cook cream mixture over high heat, stirring constantly, for 3 minutes or until it starts to boil.
- ☐ Pour half the boiling cream mixture evenly on top of potatoes; add remaining potatoes, and repeat with remaining cream mixture. Dot with butter.
- ☐ Note: At this point, you can cover the dish with foil and refrigerate for several hours. Before baking, let stand for 30 minutes at room temperature, and bake, uncovered.
- ☐ Bake at 425 on the middle oven rack for 35 minutes or until potatoes are crusty-brown on top and tender underneath.
- ☐ Sprinkle cheese on top, and bake 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:41.22, Glycemic Load:18.84, Inflammation Score:-10, Nutrition Score:12.946521709633%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 236.85kcal (11.84%), Fat: 10.46g (16.09%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 28.5g (10.37%), Sugar: 5.42g (6.02%), Cholesterol: 30.33mg (10.11%), Sodium: 418.61mg (18.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Vitamin A: 8369.21IU (167.38%), Vitamin B6: 0.46mg (22.77%), Potassium: 637.83mg (18.22%), Manganese: 0.33mg (16.72%), Phosphorus: 147.27mg (14.73%), Fiber: 2.96g (11.83%), Vitamin B2: 0.2mg (11.68%), Calcium: 115.26mg (11.53%), Magnesium: 41.69mg (10.42%), Vitamin B1: 0.15mg (10%), Copper: 0.19mg (9.37%), Vitamin B5: 0.91mg (9.09%), Vitamin C: 7.06mg (8.55%), Iron: 1.39mg (7.73%), Vitamin B3: 1.39mg (6.95%), Folate: 24.05µg (6.01%), Vitamin K: 6.3µg (6%), Selenium: 4.06µg (5.8%), Zinc: 0.77mg (5.13%), Vitamin E: 0.41mg (2.74%), Vitamin B12: 0.15µg (2.44%)