



Two-Potato Tart Gratin

READY IN



95 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 1 large egg white lightly beaten
- ☐ 1 garlic clove
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 3 tablespoons parmesan cheese finely grated
- ☐ 0.5 teaspoon pepper
- ☐ 1 trans ready-made pie crust fat-free
- ☐ 0.5 teaspoon salt

- ☐ 0.5 pound sweet potatoes peeled sliced into 1/16-inch-thick slices (1 large)
- ☐ 1 tablespoon butter unsalted cut into pieces
- ☐ 1 pound yukon gold potatoes peeled sliced into 1/16-inch-thick slices (2 large)

Equipment

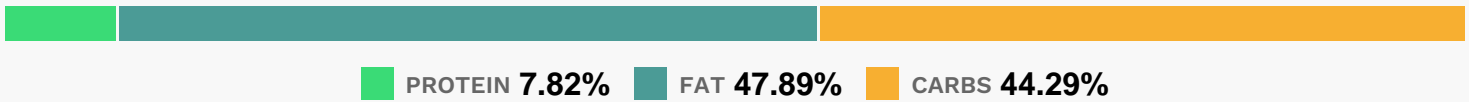
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Preheat oven to 37
- ☐ Line a large square baking dish with foil and place in middle of oven. Spray a 9 1/2- to 10-inch fluted tart pan with cooking spray; set aside.
- ☐ Dust work surface lightly with flour. Unroll pie crust and roll dough into a 12-inch round. Fit in tart pan and press overhang inward to reinforce side. Prick bottom in several places with a fork. Chill 30 minutes (or freeze 10 minutes).
- ☐ Place a piece of parchment over crust in tart pan and fill with pie weights.
- ☐ Bake in oven until dough just sets (15–20 minutes), then remove parchment and weights and bake until bottom is pale golden (5–10 minutes more).
- ☐ Remove from oven and immediately brush bottom with egg white; cool completely.
- ☐ Mince and mash garlic to a paste.
- ☐ Add to a bowl along with cream, milk, nutmeg, salt, and pepper.
- ☐ Whisk to combine.
- ☐ Layer potatoes, alternating Yukon Golds and sweet potatoes, in tart pan.

- ☐
- Pour cream mixture over potatoes, pressing gently to distribute liquid.
- ☐
- Sprinkle top with Parmesan and dot with butter. Cover surface directly with a round of parchment paper.
- ☐
- Bake until potatoes are tender (test with a small sharp knife), 40–50 minutes.
- ☐
- Remove parchment and bake until browned in spots (15–20 minutes). Cool in pan on rack 20 minutes before removing side of pan.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:10.13, Inflammation Score:-10, Nutrition Score:10.609999858815%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 246.89kcal (12.34%), Fat: 13.25g (20.38%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 24.89g (9.05%), Sugar: 2.86g (3.18%), Cholesterol: 23.38mg (7.79%), Sodium: 302.15mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Vitamin A: 4317.73IU (86.35%), Vitamin C: 12.09mg (14.65%), Manganese: 0.28mg (14.13%), Vitamin B6: 0.25mg (12.74%), Potassium: 403.64mg (11.53%), Fiber: 2.68g (10.73%), Phosphorus: 96.97mg (9.7%), Vitamin B1: 0.14mg (9.1%), Vitamin B2: 0.15mg (8.98%), Folate: 28.81µg (7.2%), Magnesium: 27.55mg (6.89%), Vitamin B3: 1.36mg (6.82%), Iron: 1.22mg (6.77%), Calcium: 65.58mg (6.56%), Copper: 0.13mg (6.4%), Vitamin B5: 0.59mg (5.91%), Selenium: 3.93µg (5.61%), Vitamin K: 4.01µg (3.82%), Zinc: 0.54mg (3.62%), Vitamin E: 0.37mg (2.47%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.27µg (1.82%)