



WHATSheATE

Wild Mushroom-and-Sweet Potato Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 8 ounces chanterelles sliced ()
- ☐ 8 ounces cremini mushrooms sliced ()
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 4 ounces fontina shredded
- ☐ 1.5 tablespoons chives fresh divided chopped
- ☐ 1.5 tablespoons parsley fresh divided finely chopped
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 cups sweet potatoes peeled cut into 1/4-inch-thick slices (1 1/2 pounds)

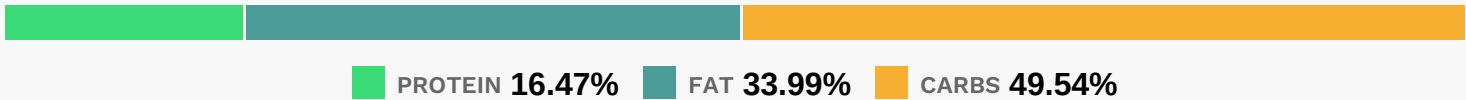
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add mushrooms, shallots, 1/4 teaspoon salt, and 1/4 teaspoon pepper; saut 5 minutes or until moisture evaporates, stirring frequently.
- ☐ Remove from heat; stir in 1 tablespoon parsley and 1 tablespoon chives.
- ☐ Arrange half of potato slices in a single layer in an 11 x 7-inch baking dish coated with cooking spray; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Spoon half of the mushroom mixture over potato slices; sprinkle with half of cheese. Repeat layers, ending with cheese; add broth to dish. Cover and bake at 425 for 30 minutes. Uncover and bake 20 minutes or until potatoes are tender.
- ☐ Sprinkle with remaining parsley and chives.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:7.09, Inflammation Score:-10, Nutrition Score:14.612173878628%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 146.6kcal (7.33%), Fat: 5.67g (8.72%), Saturated Fat: 2.88g (18%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 14.96g (5.44%), Sugar: 4.63g (5.15%), Cholesterol: 16.44mg (5.48%), Sodium: 359.26mg (15.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin A: 9652.51IU (193.05%), Copper: 0.36mg (18.05%), Manganese: 0.34mg (17.24%), Vitamin B2: 0.28mg (16.23%), Potassium: 548.33mg (15.67%), Selenium: 10.89µg (15.56%), Vitamin K: 15.95µg (15.19%), Fiber: 3.63g (14.51%), Phosphorus: 138.91mg (13.89%), Vitamin B5: 1.38mg (13.75%), Vitamin B3: 2.74mg (13.7%), Vitamin B6: 0.23mg (11.61%), Calcium: 113.69mg (11.37%), Vitamin D: 1.62µg (10.77%), Iron: 1.75mg (9.71%), Zinc: 1.26mg (8.43%), Magnesium: 27.89mg (6.97%), Vitamin B1: 0.09mg (6.28%), Folate: 21.07µg (5.27%), Vitamin B12: 0.29µg (4.91%), Vitamin C: 3.71mg (4.5%), Vitamin E: 0.37mg (2.47%)