



WHATSheATE



Yukon Gold and Sweet Potato Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter divided room temperature ()
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 1 garlic clove pressed
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon kosher salt
- ☐ 1.5 pounds red-skinned sweet potatoes peeled (yams)
- ☐ 1 cup whipping cream

- ☐ 2 cups milk whole
- ☐ 2.3 pounds yukon gold potatoes rinsed

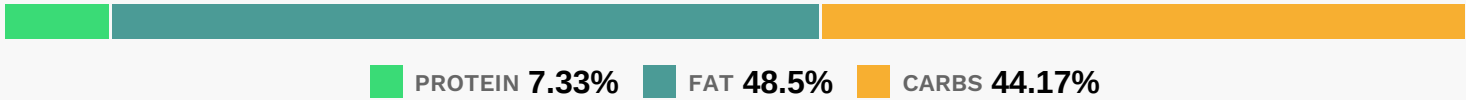
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F. Coat 13x9x2-inch glass baking dish with 2 tablespoons butter. Thinly slice all potatoes; place in prepared dish. Bring milk and next 5 ingredients to boil in medium saucepan; pour over potatoes. Dot with 2 tablespoons butter. Cover with foil.
- ☐ Bake until potatoes are tender and milk is almost absorbed, about 50 minutes.
- ☐ Bring cream to boil in saucepan. Uncover potatoes, pour cream over, and dot with 2 tablespoons butter.
- ☐ Bake uncovered until top is golden brown in spots, about 25 minutes. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:11.66, Inflammation Score:-10, Nutrition Score:14.600434676461%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 259.78kcal (12.99%), Fat: 14.32g (22.03%), Saturated Fat: 8.97g (56.04%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 25.51g (9.28%), Sugar: 6.89g (7.65%), Cholesterol: 42.34mg (14.11%), Sodium: 672.81mg (29.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.73%), Vitamin A: 11447.28IU (228.95%),

Vitamin C: 28.6mg (34.67%), Vitamin B6: 0.45mg (22.49%), Manganese: 0.45mg (22.35%), Potassium: 714.34mg (20.41%), Fiber: 3.84g (15.36%), Phosphorus: 134.4mg (13.44%), Vitamin B2: 0.19mg (10.9%), Magnesium: 42.21mg (10.55%), Vitamin B1: 0.16mg (10.45%), Calcium: 99.48mg (9.95%), Vitamin B5: 0.97mg (9.68%), Copper: 0.19mg (9.56%), Vitamin B3: 1.81mg (9.04%), Iron: 1.16mg (6.44%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.76µg (5.1%), Folate: 18.21µg (4.55%), Zinc: 0.66mg (4.41%), Vitamin B12: 0.26µg (4.39%), Vitamin K: 4.44µg (4.23%), Selenium: 1.85µg (2.65%)