

# Sweet Potato Gratin II

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## Servings: 12

3 cloves garlic, chopped  
1 tablespoon fresh rosemary, chopped  
1 tablespoon fresh thyme, chopped  
2 pounds sweet potatoes, peeled and sliced 1/8-inch thick  
1 pound baking potatoes, peeled and sliced 1/8-inch thick  
1 1/4 teaspoons salt  
1/4 teaspoon + 1/8 teaspoon black pepper  
5 ounces Gruyere cheese, grated  
1 cup heavy cream, heated

## Preparation Time: 30 minutes

### Bake: 55 minutes

Preheat the oven to 400 degrees.

In a small bowl, mix together the chopped garlic, rosemary and thyme.

In a two-quart baking dish, layer one-third of the sweet potato and baking potato slices, slightly overlapping some of the edges. Sprinkle with 1/4 teaspoon of the salt, 1/8 teaspoon of the pepper, half of the garlic-herb mixture and one-third of the grated cheese. Repeat the layering a second and third time. Mix the remaining 1/2 teaspoon of salt with the heavy cream. Pour over the potatoes.

Place the baking dish on a rimmed baking sheet. Cover with aluminum foil.

Bake for 30 minutes. Uncover and bake another 25 minutes until bubbling and the top is golden brown.

Cool for 15 minutes before serving.

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Per Serving (excluding unknown items): 206 Calories; 11g Fat (48.9% calories from fat); 6g Protein; 21g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 279mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Side Dishes

**Calories (kcal):** 206  
**% Calories from Fat:** 48.9%  
**% Calories from Carbohydrates:** 40.2%  
**% Calories from Protein:** 10.9%  
**Total Fat (g):** 11g  
**Saturated Fat (g):** 7g  
**Monounsaturated Fat (g):** 3g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 40mg  
**Carbohydrate (g):** 21g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 6g  
**Sodium (mg):** 279mg  
**Potassium (mg):** 348mg  
**Calcium (mg):** 152mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 11380IU  
**Vitamin A (r.e.):** 1221RE

**Vitamin B6 (mg):** .3mg  
**Vitamin B12 (mcg):** .2mcg  
**Thiamin B1 (mg):** .1mg  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 15mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

## Food Exchanges

**Grain (Starch):** 1 1/2  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 206 **Calories from Fat:** 101

### % Daily Values\*

**Total Fat** 11g 17%  
     Saturated Fat 7g 34%  
**Cholesterol** 40mg 13%  
**Sodium** 279mg 12%  
**Total Carbohydrates** 21g 7%  
     Dietary Fiber 2g 9%  
**Protein** 6g

**Vitamin A** 228%  
**Vitamin C** 34%  
**Calcium** 15%  
**Iron** 4%

\* Percent Daily Values are based on a 2000 calorie diet.