



## Butternut Dauphinoise

 Gluten Free

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**298 kcal**

SIDE DISH

### Ingredients

- ☐ 300 ml double cream
- ☐ 100 ml milk whole
- ☐ 2 bay leaves
- ☐ 3 thyme sprigs
- ☐ 1 garlic clove crushed
- ☐ 6 servings grating nutmeg whole for grating
- ☐ 1 tbsp butter salted for greasing
- ☐ 1 large butternut squash prepared peeled unpeeled thinly sliced ( 1.4kg to give 1.1kg flesh)

☐ 50 g lancashire cheese hard

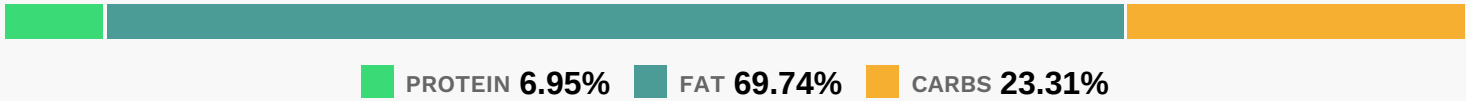
Equipment

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

Directions

- ☐ Put the cream, milk, bay, a sprig of thyme, the garlic and tsp freshly grated nutmeg in a saucepan, and bring to the boil. Take the pan off the heat and leave to infuse for 10 mins.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease a large baking dish with the butter, then layer up the butternut squash, adding seasoning and a few thyme leaves as you go.
- ☐ Pour over the infused cream, leaving the bay and thyme on the top.
- ☐ Cover the dish with foil and bake for 30 mins. Uncover, press the squash as far under the level of the liquid as you can, then scatter with the cheese.
- ☐ Bake, uncovered, for 30 mins more until the butternut is tender and the whole dish is bubbling and golden.
- ☐ Let stand for 10 mins or so before serving.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:14.362173992655%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 298.15kcal (14.91%), Fat: 24.14g (37.14%), Saturated Fat: 15.41g (96.32%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15.15g (5.51%), Sugar: 5.63g (6.26%), Cholesterol: 72.57mg (24.19%), Sodium: 82.45mg (3.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Vitamin A: 14161.19IU (283.22%), Vitamin C: 27.58mg (33.43%), Calcium: 175.38mg (17.54%), Manganese: 0.33mg (16.57%), Vitamin E: 2.33mg (15.51%), Potassium: 534.28mg (15.27%), Magnesium: 54.51mg (13.63%), Phosphorus: 132.61mg (13.26%), Vitamin B6: 0.24mg (12.04%), Fiber: 3.01g (12.02%), Vitamin B1: 0.15mg (10.2%), Vitamin B2: 0.17mg (10.19%), Folate: 39.15µg (9.79%), Vitamin B3: 1.6mg (7.99%), Vitamin B5: 0.7mg (7%), Vitamin D: 0.99µg (6.63%), Iron: 1.11mg (6.19%), Copper: 0.12mg (6.03%), Selenium: 3.8µg (5.42%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.24µg (4.07%), Vitamin K: 3.21µg (3.06%)