



WHATSheATE



Butternut Squash and Creamed-Spinach Gratin

 Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 5 tablespoons butter unsalted for greasing pan
- ☐ 4 pounds butternut squash peeled seeded quartered (2 large)
- ☐ 3 garlic clove minced
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.8 cup onion finely chopped (1 small)

- ☐ 0.3 cup parmesan finely grated
- ☐ 1.5 teaspoons salt
- ☐ 30 ounce pkt spinach fresh frozen thawed

Equipment

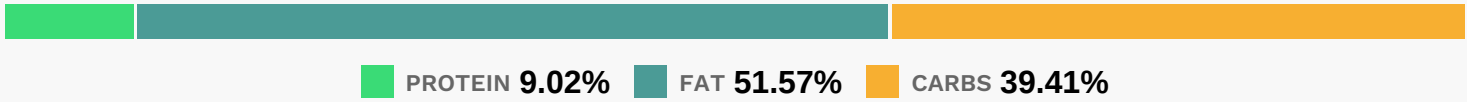
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wax paper
- ☐ tongs
- ☐ colander

Directions

- ☐ If using fresh spinach, bring 1 inch water to a boil in a 6- to 8-quart pot over high heat.
- ☐ Add spinach, a few handfuls at a time, and cook, turning with tongs, until wilted, 3 to 5 minutes.
- ☐ Drain in a colander and rinse under cold water.
- ☐ Thoroughly squeeze cooked fresh or thawed frozen spinach in small handfuls to remove excess moisture, then coarsely chop and transfer to a bowl.
- ☐ Melt 3 tablespoons butter in an 8-inch heavy skillet over moderately low heat, then cook onion and garlic, stirring, until softened, 3 to 5 minutes.
- ☐ Add onion mixture to spinach along with salt, pepper, nutmeg, and cream and stir to combine.
- ☐ Put oven rack in upper third of oven and preheat oven to 400°F. Butter a 3-quart shallow baking dish (13 by 9 inches; not glass).
- ☐ Cut squash to separate bulb section from solid neck section, then cut pieces lengthwise into 1/8-inch-thick slices with slicer.
- ☐ Layer squash and spinach mixture in baking dish, using about one fifth of squash and one fourth of spinach for each layer, beginning and ending with squash.

- ☐
- Sprinkle top layer of squash evenly with cheese and dot with remaining 2 tablespoons butter, then cover directly with a sheet of parchment or wax paper.
- ☐
- Bake until squash is tender and filling is bubbling, 25 to 30 minutes.
- ☐
- Remove paper and bake gratin until browned in spots, 10 to 15 minutes, or broil 3 inches from heat, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:29.361304246861%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 248.9kcal (12.44%), Fat: 15.47g (23.8%), Saturated Fat: 9.59g (59.97%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 20.83g (7.57%), Sugar: 5.6g (6.22%), Cholesterol: 43.64mg (14.55%), Sodium: 515.42mg (22.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Vitamin A: 27807.26IU (556.15%), Vitamin K: 414.38µg (394.65%), Vitamin C: 63.31mg (76.74%), Manganese: 1.18mg (59.11%), Folate: 217.69µg (54.42%), Magnesium: 133.56mg (33.39%), Potassium: 1163.19mg (33.23%), Vitamin E: 4.73mg (31.54%), Vitamin B6: 0.48mg (24.11%), Fiber: 5.77g (23.08%), Calcium: 223.64mg (22.36%), Iron: 3.68mg (20.45%), Vitamin B1: 0.26mg (17.43%), Vitamin B2: 0.26mg (15.12%), Vitamin B3: 2.84mg (14.2%), Phosphorus: 139.58mg (13.96%), Copper: 0.25mg (12.74%), Vitamin B5: 0.88mg (8.83%), Zinc: 0.89mg (5.93%), Selenium: 3.3µg (4.72%), Vitamin D: 0.39µg (2.62%), Vitamin B12: 0.08µg (1.33%)