



Butternut Squash and Leek Gratins

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 2 pound butternut squash halved lengthwise seeded
- 1 large egg yolk
- 4 large eggs
- 1 Dash ground nutmeg
- 4 cups leek finely chopped (6 large)
- 1 ounce parmesan cheese fresh grated

- 0.8 teaspoon salt
- 1 tablespoon sugar

Equipment

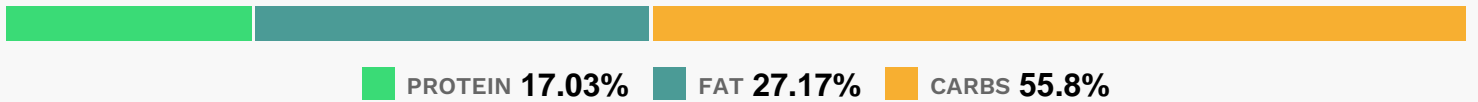
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- ramekin
- baking pan
- potato masher
- aluminum foil
- broiler

Directions

- Preheat oven to 375
- Place squash halves, cut sides down, on a baking sheet coated with cooking spray.
- Bake at 375 for 45 minutes or until tender. Cool 30 minutes. Scoop out pulp, and mash with a potato masher or fork until smooth.
- Reduce oven temperature to 325
- Heat a large nonstick skillet over medium heat; coat pan with cooking spray. Melt butter in pan.
- Add leek; cover and cook 20 minutes or until tender, stirring once. Reduce heat to medium-low; uncover and cook 10 minutes or until lightly browned, stirring occasionally. Cool slightly.
- Combine sugar and next 5 ingredients (through egg yolk) in a large bowl, stirring with a whisk.
- Add squash and leek; stir until well combined. Divide the squash mixture evenly among 6 (6-ounce) ramekins or custard cups coated with cooking spray.

- Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch. Cover pan with foil; bake at 325 for 25 minutes. Uncover and cook an additional 15 minutes or until a knife inserted in center comes out clean.
- Remove from oven, and place the ramekins on a baking sheet.
- Sprinkle 2 teaspoons Parmesan cheese over each ramekin.
- Preheat broiler.
- Broil gratins for 2 minutes or until cheese melts and begins to brown.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:21.04173929795%

Flavonoids

Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.3kcal (9.72%), Fat: 6.22g (9.56%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 24.57g (8.94%), Sugar: 7.86g (8.74%), Cholesterol: 159.6mg (53.2%), Sodium: 438.41mg (19.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.53%), Vitamin A: 17340.59IU (346.81%), Vitamin C: 38.88mg (47.12%), Manganese: 0.62mg (30.95%), Vitamin K: 29.94µg (28.52%), Folate: 99.1µg (24.77%), Vitamin B6: 0.44mg (22.13%), Vitamin E: 3.18mg (21.18%), Selenium: 14.26µg (20.37%), Potassium: 694.44mg (19.84%), Calcium: 186.92mg (18.69%), Magnesium: 74.71mg (18.68%), Phosphorus: 181.19mg (18.12%), Iron: 3.02mg (16.78%), Fiber: 4.15g (16.59%), Vitamin B1: 0.21mg (13.84%), Vitamin B2: 0.23mg (13.64%), Vitamin B5: 1.31mg (13.07%), Copper: 0.21mg (10.55%), Vitamin B3: 2.09mg (10.47%), Vitamin B12: 0.41µg (6.83%), Zinc: 0.93mg (6.2%), Vitamin D: 0.84µg (5.62%)