



Butternut Squash, Apple, and Leek Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 2 cups braeburn apple cubed peeled () (1 pound)
- ☐ 1.5 tablespoons brown sugar
- ☐ 1 tablespoon butter melted
- ☐ 5 cups butternut squash cubed peeled ()
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1.5 cups leek thinly sliced (2 large)

- ☐ 1 teaspoon olive oil
- ☐ 3 tablespoons pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 2 ounce bread white

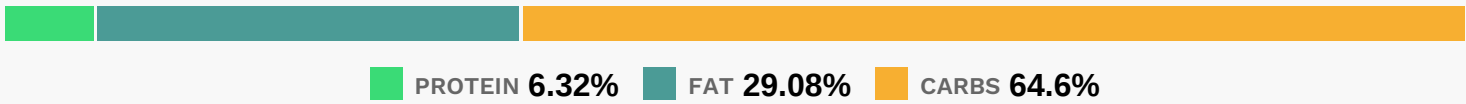
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ Steam squash, covered, 9 minutes or until tender.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add leek; saut 5 minutes or until lightly browned.
- ☐ Combine squash, leek, apple, sugar, salt, nutmeg, and pepper in a large bowl; toss gently to coat. Spoon into a 2-quart casserole coated with cooking spray, and pour cider over squash mixture. Cover and bake at 400 for 20 minutes.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 1 cup.
- ☐ Combine breadcrumbs, pine nuts, and butter. Uncover the casserole; sprinkle with breadcrumb mixture.
- ☐ Bake, uncovered, an additional 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:13.271739236201%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 142.72kcal (7.14%), Fat: 4.96g (7.63%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 21.65g (7.87%), Sugar: 9.95g (11.06%), Cholesterol: 3.76mg (1.25%), Sodium: 198.87mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin A: 9641.55IU (192.83%), Manganese: 0.66mg (32.88%), Vitamin C: 21.98mg (26.64%), Vitamin E: 1.95mg (13%), Fiber: 3.15g (12.58%), Magnesium: 48.4mg (12.1%), Potassium: 421.02mg (12.03%), Vitamin K: 12µg (11.43%), Folate: 44.49µg (11.12%), Vitamin B1: 0.16mg (10.38%), Vitamin B6: 0.2mg (10.01%), Vitamin B3: 1.66mg (8.31%), Iron: 1.49mg (8.27%), Copper: 0.15mg (7.67%), Calcium: 73.03mg (7.3%), Phosphorus: 69.38mg (6.94%), Vitamin B5: 0.45mg (4.55%), Vitamin B2: 0.06mg (3.49%), Selenium: 2.34µg (3.34%), Zinc: 0.47mg (3.16%)