



## Butternut Squash au Gratin with Wild Mushrooms and Crispy Bacon

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup beef stock unsalted (such as Swanson)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 pounds butternut squash diced divided peeled finely
- ☐ 4 ounces chanterelles sliced
- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 6 ounces oyster mushrooms sliced
- ☐ 0.5 cup parmesan divided grated
- ☐ 2 tablespoons part-skim ricotta
- ☐ 4 ounces mushroom caps sliced
- ☐ 2 slices bacon

## Equipment

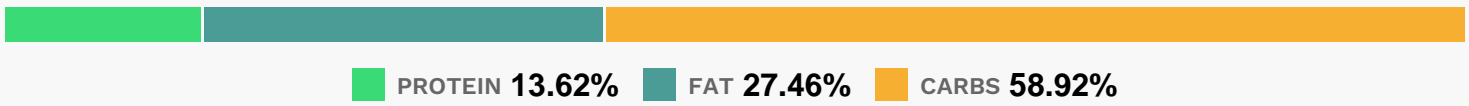
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ aluminum foil
- ☐ broiler

## Directions

- ☐ Preheat oven to 35
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add green onions; saut 30 seconds.
- ☐ Add 6 cups squash; saut 2 minutes. Reduce heat to medium-low, and stir in 1/4 teaspoon salt. Cook, covered, 15 minutes or until tender. Increase heat to medium-high. Cook, uncovered, 2 minutes or until liquid evaporates, stirring frequently.
- ☐ Place squash mixture in a large bowl; mash with a potato masher or fork until smooth.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving drippings in pan; crumble bacon.
- ☐ Add chanterelles, shiitakes, and sage to drippings; saut 8 minutes or until mushrooms are browned.

- ☐
- Add stock; cook 3 minutes or until liquid almost evaporates.
- ☐
- Add mushroom mixture, remaining 2 cups diced squash, remaining 1/4 teaspoon salt, 1 ounce Parmigiano–Reggiano cheese, ricotta cheese, and black pepper to mashed squash mixture, stirring to combine. Spoon squash mixture into a broiler–safe 11 x 7–inch glass or ceramic baking dish coated with cooking spray. Cover with foil; bake at 350 for 1 hour.
- ☐
- Remove pan from oven; discard foil.
- ☐
- Preheat broiler to high.
- ☐
- Combine bacon, remaining 1 ounce Parmigiano–Reggiano, and oyster mushrooms in a bowl; sprinkle over gratin. Broil 6 minutes or until lightly browned.
- ☐
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:25.989565315454%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 191.01kcal (9.55%), Fat: 6.37g (9.8%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 24.65g (8.96%), Sugar: 5.9g (6.56%), Cholesterol: 9.03mg (3.01%), Sodium: 317.38mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Vitamin A: 24213.93IU (484.28%), Copper: 3.71mg (185.41%), Vitamin C: 48.19mg (58.41%), Manganese: 0.68mg (34.13%), Potassium: 1051.53mg (30.04%), Vitamin B3: 5.23mg (26.13%), Fiber: 6.09g (24.37%), Vitamin E: 3.58mg (23.84%), Magnesium: 92.73mg (23.18%), Vitamin B6: 0.45mg (22.38%), Calcium: 206.76mg (20.68%), Vitamin B1: 0.28mg (18.9%), Phosphorus: 186.32mg (18.63%), Folate: 74.44µg (18.61%), Vitamin B5: 1.62mg (16.18%), Iron: 2.72mg (15.1%), Vitamin B2: 0.22mg (13.15%), Vitamin K: 10µg (9.52%), Selenium: 6.05µg (8.64%), Zinc: 1.08mg (7.22%), Vitamin D: 1.01µg (6.76%), Vitamin B12: 0.11µg (1.89%)