



Butternut Squash Gratin

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



25

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds butternut squash seeds removed, flesh cut into chunks peeled
- ☐ 2 tablespoons sage fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup heavy cream
- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt

☐ 3 tablespoons butter unsalted cut into small pieces

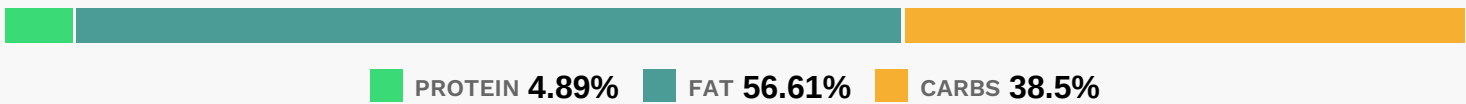
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Grease a 9-by-13-inch baking dish. Using the shredding attachment of a food processor, shred squash. In a large bowl, toss squash with onion, garlic, nutmeg, sage, salt and pepper.
- ☐ Spread squash mixture evenly in baking dish.
- ☐ Pour cream over top and dot with butter. Cover with foil and bake until tender, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:11.132608735043%

Flavonoids

Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 73.11kcal (3.66%), Fat: 4.9g (7.54%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.24g (2.27%), Sugar: 1.76g (1.96%), Cholesterol: 14.37mg (4.79%), Sodium: 191.33mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin A: 5968.59IU (119.37%), Copper: 1.5mg (75.04%), Vitamin C: 12.07mg (14.64%), Manganese: 0.18mg (9.2%), Potassium: 215.12mg (6.15%), Vitamin E: 0.91mg (6.09%), Magnesium: 20.97mg (5.24%), Fiber: 1.27g (5.07%), Vitamin B6: 0.1mg (4.98%), Vitamin B1: 0.06mg

(4.12%), Folate: 16.4µg (4.1%), Calcium: 38.63mg (3.86%), Vitamin B3: 0.67mg (3.36%), Phosphorus: 26.68mg (2.67%), Iron: 0.47mg (2.64%), Vitamin B5: 0.25mg (2.55%), Vitamin B2: 0.03mg (1.9%), Vitamin D: 0.18µg (1.18%), Vitamin K: 1.18µg (1.13%)