



Butternut Squash Gratin

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



8

CALORIES



878 kcal

SIDE DISH

Ingredients

- ☐ 1 cup firmly brown sugar light divided packed
- ☐ 2 tablespoons butter melted
- ☐ 3 lb butternut squash
- ☐ 16 oz freshly fontina cheese shredded
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon pepper freshly ground
- ☐ 8 servings garnish: rosemary sprigs fresh

- ☐ 1 teaspoon salt
- ☐ 3 lb spaghetti squash
- ☐ 3 cups whipping cream
- ☐ 2.5 lb yukon gold potatoes

Equipment

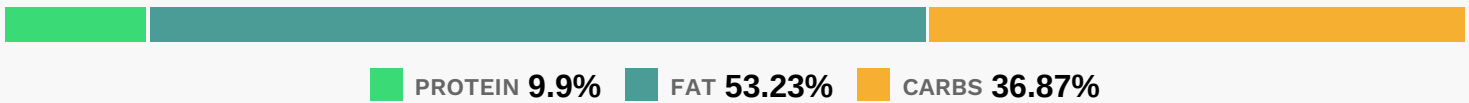
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ mandoline

Directions

- ☐ Preheat oven to 45
- ☐ Cut butternut and spaghetti squash in half lengthwise; remove and discard seeds.
- ☐ Place squash, cut sides up, in a lightly greased 17- x 12-inch jelly-roll pan.
- ☐ Drizzle with butter, and sprinkle with 1/2 cup brown sugar.
- ☐ Bake 40 minutes or until tender. Cool 20 minutes.
- ☐ Using a fork, scrape inside of spaghetti squash to remove spaghetti-like strands, and place in a large bowl. Scoop pulp from butternut squash; coarsely chop pulp, and toss with spaghetti squash.
- ☐ Stir together cinnamon, nutmeg, and remaining 1/2 cup brown sugar.
- ☐ Cook cream in a heavy nonaluminum saucepan over medium heat, stirring often, 5 minutes or just until it begins to steam (do not boil); remove from heat.

- ☐ Using a mandoline or sharp knife, cut potatoes into 1/8-inch-thick slices.
- ☐ Arrange one-fourth of potato slices in a thin layer on bottom of a buttered 13- x 9-inch baking dish. Spoon one-third of squash mixture over potatoes (squash layer should be about 1/4-inch thick); sprinkle with 1/4 tsp. salt, 1/4 tsp. pepper, 1 cup fontina cheese, and 3/4 cup hot cream. Repeat layers twice, sprinkling one-third of sugar mixture over each of second and third squash layers. (Do not sprinkle sugar mixture over first squash layer.) Top with remaining potato slices, 1/4 tsp. salt, and 1/4 tsp. pepper. Gently press layers down with back of a spoon.
- ☐ Sprinkle top with remaining 1 cup cheese and 3/4 cup hot cream; sprinkle with remaining brown sugar mixture.
- ☐ Place baking dish on an aluminum foil-lined baking sheet.
- ☐ Bake, covered with foil, at 450 for 1 hour; uncover and bake 25 more minutes or until golden brown and potatoes are tender. Cool on a wire rack 20 minutes before serving.
- ☐ *Gouda cheese may be substituted.
- ☐ Brought to the table by chef John Zucker of Cru Caf in Charleston, South Carolina.

Nutrition Facts



Properties

Glycemic Index:42.22, Glycemic Load:18.43, Inflammation Score:-10, Nutrition Score:31.276956433835%

Flavonoids

Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 878.33kcal (43.92%), Fat: 53.72g (82.65%), Saturated Fat: 33.45g (209.09%), Carbohydrates: 83.74g (27.91%), Net Carbohydrates: 75.22g (27.35%), Sugar: 38.37g (42.63%), Cholesterol: 174.15mg (58.05%), Sodium: 834.54mg (36.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.98%), Vitamin A: 20151.11IU (403.02%), Vitamin C: 66.78mg (80.95%), Calcium: 524.78mg (52.48%), Vitamin B6: 0.89mg (44.73%), Potassium: 1489.51mg (42.56%), Phosphorus: 401.98mg (40.2%), Manganese: 0.8mg (39.8%), Fiber: 8.52g (34.07%), Magnesium: 122.5mg (30.63%), Vitamin E: 3.68mg (24.54%), Vitamin B3: 4.86mg (24.31%), Vitamin B1: 0.36mg (23.94%), Vitamin B2: 0.39mg (22.75%), Folate: 90.85µg (22.71%), Zinc: 3.12mg (20.78%), Vitamin B5: 2.05mg (20.5%), Selenium: 12.92µg (18.46%), Vitamin B12: 1.1µg (18.35%), Copper: 0.36mg (18.12%), Iron: 3.15mg (17.53%), Vitamin D: 1.77µg (11.79%), Vitamin K: 10.67µg (10.17%)