



Butternut Squash Gratin with Blue Cheese and Sage

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 5 cups butternut squash cubed peeled () (2 pounds)
- 1 tablespoon sage fresh chopped
- 4 teaspoons olive oil divided
- 2 cups onion thinly sliced
- 0.5 teaspoon salt

1.5 ounce bread white

Equipment

food processor

bowl

frying pan

oven

baking pan

Directions

Preheat oven to 40

Steam butternut squash, covered, 10 minutes or until tender.

Place bread in a food processor, and pulse 12 times or until coarse crumbs measure 1/2 cup.

Transfer to a small bowl; add 2 teaspoons oil, and toss with a fork to combine.

Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat.

Add sliced onion to pan; saute 5 minutes or until tender, stirring occasionally.

Transfer the onion mixture to a large bowl.

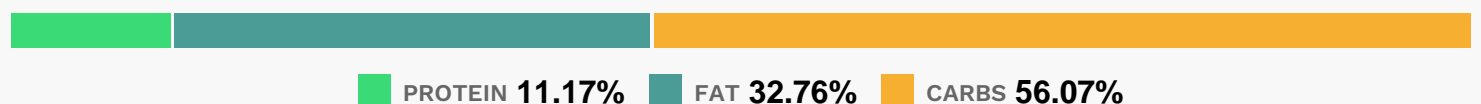
Add butternut squash, chopped sage, salt, and black pepper to bowl, and toss gently to combine. Spoon squash mixture into an 11 x 7inch baking dish coated with cooking spray.

Bake at 400 for 20 minutes.

Sprinkle crumbled blue cheese evenly over squash mixture, and sprinkle evenly with breadcrumb mixture.

Bake an additional 10 minutes or until the cheese is melted and crumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:18.286956432073%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 151.56kcal (7.58%), Fat: 5.86g (9.01%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 19.06g (6.93%), Sugar: 5.25g (5.84%), Cholesterol: 7.09mg (2.36%), Sodium: 343.19mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin A: 12475.36IU (249.51%), Copper: 3.15mg (157.5%), Vitamin C: 28.45mg (34.48%), Manganese: 0.46mg (22.9%), Potassium: 526.45mg (15.04%), Vitamin E: 2.11mg (14.1%), Calcium: 140.19mg (14.02%), Fiber: 3.5g (13.98%), Vitamin B6: 0.27mg (13.31%), Folate: 52.92µg (13.23%), Magnesium: 50.94mg (12.73%), Vitamin B1: 0.18mg (12.19%), Phosphorus: 99.05mg (9.9%), Vitamin B3: 1.9mg (9.48%), Iron: 1.33mg (7.4%), Vitamin B5: 0.73mg (7.35%), Selenium: 3.87µg (5.53%), Vitamin B2: 0.09mg (5.42%), Zinc: 0.6mg (4%), Vitamin K: 3.48µg (3.31%), Vitamin B12: 0.12µg (1.92%)