



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 sandwich bread white

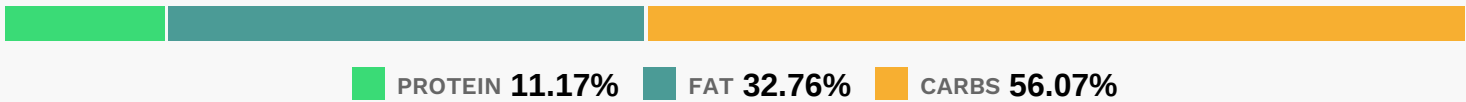
Equipment

- ☐ 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, 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: Og (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%)