



Carrot & Béchamel Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 2 pound carrots sliced thin
- ☐ 2 teaspoon chives minced
- ☐ 2 tablespoon flour all-purpose
- ☐ 0.5 cup gruyère cheese cooled grated
- ☐ 2 teaspoon marjoram leaves fresh minced
- ☐ 2 cup milk
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 0.5 cup panko bread crumbs
- ☐ 6 servings salt and pepper as needed

- ☐ 2 tablespoon shallots minced
- ☐ 2 tablespoon butter unsalted

Equipment

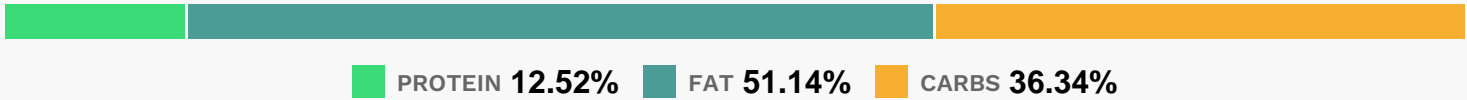
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Prepare the béchamel.
- ☐ Heat the oil over medium heat in a heavy medium saucepan.
- ☐ Add the shallot, and cook, stirring, until softened, about three minutes. Stir in flour, and cook, stirring, for about three minutes until smooth and bubbling but not browned.
- ☐ Whisk in the milk all at once, and bring to a simmer, whisking continuously, until the mixture begins to thicken. Turn the heat to very low, and simmer, stirring often with a whisk and scraping the bottom and edges of the pan with a rubber spatula, for 10 minutes until the sauce has thickened and lost its raw flour taste. Season with salt and pepper.
- ☐ Remove from heat set aside.Prepare the topping. Melt the butter in a small saute pan set over medium heat.
- ☐ Add the panko breadcrumbs and stir to coat. Continue stirring occasionally until the breadcrumbs are light golden brown.
- ☐ Remove from heat and stir in 1 teaspoon marjoram.Make the gratin. Preheat the oven to 400 degrees. Oil a 2-quart gratin dish. Fill a medium saucepan with water, and bring to a boil.
- ☐ Add 1 teaspoon salt and then the carrots. Reduce the heat to medium, and simmer the carrots for 4 minutes or so until just tender.
- ☐ Whisk ½ cup of the cooking water into the reserved béchamel, then drain the carrots.

- ☐
- Transfer them to a large bowl. Stir in the remaining marjoram, chives, salt and pepper to taste, the béchamel and Gruyère.
- ☐
- Scrape into the baking dish.
- ☐
- Place in the oven, and bake 20 to 30 minutes until the top is lightly browned and the gratin is bubbling.
- ☐
- Remove from the heat, allow to sit for 5 to 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:44.47, Glycemic Load:7.76, Inflammation Score:-10, Nutrition Score:16.282608633456%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 262.3kcal (13.11%), Fat: 15.27g (23.49%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 19.77g (7.19%), Sugar: 11.71g (13.01%), Cholesterol: 31.89mg (10.63%), Sodium: 445.25mg (19.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin A: 25629.16IU (512.58%), Calcium: 273.43mg (27.34%), Vitamin K: 25.26µg (24.05%), Phosphorus: 215.9mg (21.59%), Fiber: 4.64g (18.57%), Potassium: 640.73mg (18.31%), Vitamin B2: 0.27mg (15.63%), Vitamin B1: 0.22mg (14.83%), Manganese: 0.3mg (14.8%), Vitamin B6: 0.29mg (14.32%), Vitamin E: 1.86mg (12.38%), Vitamin C: 9.43mg (11.42%), Vitamin B12: 0.64µg (10.68%), Vitamin B3: 2.07mg (10.37%), Folate: 41.43µg (10.36%), Magnesium: 35.52mg (8.88%), Vitamin B5: 0.83mg (8.33%), Zinc: 1.24mg (8.24%), Selenium: 5.49µg (7.84%), Vitamin D: 1.03µg (6.87%), Iron: 0.91mg (5.03%), Copper: 0.09mg (4.66%)