



Celery Root and Squash Gratin with Walnut-Thyme Streusel

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



222 kcal

SIDE DISH

Ingredients

- 12 servings pepper black freshly ground
- 3 pound butternut squash
- 1 pound celery root peeled cut in half
- 1.5 teaspoons thyme sprigs fresh
- 1.3 cups cup heavy whipping cream
- 12 servings kosher salt
- 1 cup panko bread crumbs

- 1 tablespoon parsley fresh italian finely chopped
- 2 tablespoons butter unsalted plus more for coating the baking dish ()
- 0.5 cup walnut pieces finely chopped
- 0.5 medium onion white thinly sliced

Equipment

- bowl
- oven
- knife
- baking pan
- mandoline
- peeler

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Coat a 13-by-9-inch baking dish with butter and set aside. Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Pour the cream into a large bowl and set aside. Slice the squash and celery root into 1/4-inch-thick pieces with a mandoline or sharp knife, placing the pieces in the cream as they are cut. Toss until well coated. Melt the butter in a medium frying pan over medium heat. When it foams, add the onion and season well with salt and pepper. Sauté until soft and translucent, about 5 minutes; set aside. Construct the gratin by ladling a third of the squash–celery root mixture into the prepared baking dish, then seasoning well with salt and pepper. Top with half of the onions, then another layer of squash and celery root. Season the second layer with salt and pepper and cover with the remaining onions.
- Place the last of the squash and celery root on top and press down to create an even surface. Season with salt and pepper, then pour the remaining cream over top.
- Sprinkle the streusel evenly over the gratin.
- Bake until the vegetables are soft and the streusel is golden brown, about 40 to 50 minutes.
- Let sit at room temperature for about 20 minutes before serving.

Nutrition Facts

PROTEIN 6.65% FAT 55.51% CARBS 37.84%

Properties

Glycemic Index:15.92, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:15.70434787999%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 222.02kcal (11.1%), Fat: 14.53g (22.35%), Saturated Fat: 7.32g (45.74%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 18.63g (6.77%), Sugar: 4.46g (4.96%), Cholesterol: 33.03mg (11.01%), Sodium: 280.19mg (12.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin A: 12518.54IU (250.37%), Vitamin C: 28.23mg (34.22%), Manganese: 0.53mg (26.28%), Vitamin K: 23.81µg (22.68%), Potassium: 579.4mg (16.55%), Magnesium: 58.95mg (14.74%), Fiber: 3.65g (14.6%), Vitamin B6: 0.28mg (14.25%), Vitamin E: 2.09mg (13.96%), Vitamin B1: 0.2mg (13.66%), Phosphorus: 122.89mg (12.29%), Folate: 46.34µg (11.58%), Calcium: 104.62mg (10.46%), Copper: 0.21mg (10.33%), Vitamin B3: 2.04mg (10.22%), Iron: 1.55mg (8.62%), Vitamin B2: 0.12mg (7.24%), Vitamin B5: 0.72mg (7.17%), Selenium: 3.13µg (4.47%), Zinc: 0.6mg (3.98%), Vitamin D: 0.43µg (2.88%), Vitamin B12: 0.06µg (1.02%)