



Chef John's Root Vegetable Gratin

 Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 pinch cayenne pepper
- 1 small celery root peeled sliced
- 1.3 cups chicken broth
- 1 tablespoon thyme leaves fresh chopped
- 3 cloves garlic minced
- 1 pinch ground nutmeg
- 1 cup heavy cream

- 2 teaspoons olive oil
- 0.3 cup parmigiano-reggiano cheese divided finely grated
- 1 parsnips peeled sliced
- 1 rutabaga peeled sliced
- 6 servings salt
- 1 turnip peeled sliced
- 2 yukon gold potatoes with peel scrubbed sliced

Equipment

- frying pan
- baking sheet
- oven
- pot
- baking pan
- aluminum foil
- colander

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add the vegetables, and cook uncovered for 3 minutes.
- Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the vegetables are cold, drain well, and set aside.
- Cook garlic and butter in a large skillet over medium heat until garlic starts sizzling, about 3 minutes.
- Stir in chicken broth, heavy cream, thyme, nutmeg, and cayenne pepper; cook until mixture begins to simmer, about 5 minutes.
- Coat a 9x13-inch baking dish with olive oil and spread vegetables evenly over the oil.
- Pour broth and cream mixture over vegetables and top with half of the grated Parmigiano-Reggiano cheese.

- Cover baking dish loosely with aluminum foil, place on a baking sheet, and bake in the preheated oven for 40 minutes.
- Remove baking dish from the oven and top with remaining Parmigiano-Reggiano.
- Bake uncovered until vegetables are browned, bubbling, and tender, about an additional 30 minutes.
- Remove from the oven and let rest for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:94.96, Glycemic Load:15.69, Inflammation Score:-9, Nutrition Score:17.966086968132%

Flavonoids

Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 341.73kcal (17.09%), Fat: 21.28g (32.74%), Saturated Fat: 12.58g (78.62%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 27.18g (9.88%), Sugar: 8.53g (9.47%), Cholesterol: 58.67mg (19.56%), Sodium: 618.97mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Vitamin C: 47.17mg (57.17%), Vitamin K: 54.03µg (51.45%), Manganese: 0.59mg (29.43%), Potassium: 961.04mg (27.46%), Phosphorus: 273.75mg (27.37%), Fiber: 6.54g (26.17%), Vitamin B6: 0.49mg (24.65%), Calcium: 182.94mg (18.29%), Magnesium: 65.06mg (16.27%), Vitamin A: 798.33IU (15.97%), Vitamin B2: 0.25mg (14.95%), Vitamin B1: 0.21mg (14.2%), Folate: 54.33µg (13.58%), Copper: 0.23mg (11.59%), Iron: 2.05mg (11.39%), Vitamin B3: 2.25mg (11.25%), Vitamin E: 1.68mg (11.2%), Vitamin B5: 0.99mg (9.91%), Zinc: 1.17mg (7.83%), Selenium: 4.57µg (6.53%), Vitamin D: 0.66µg (4.37%), Vitamin B12: 0.13µg (2.19%)