



Creamy parsnip & squash bake

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 284 ml pot roast cut
- ☐ 1 small shallots finely chopped
- ☐ 2 thyme sprigs
- ☐ 8 servings butter for greasing
- ☐ 500 g parsnips (4 large)
- ☐ 500 g butternut squash ()
- ☐ 25 g gruyere cheese grated

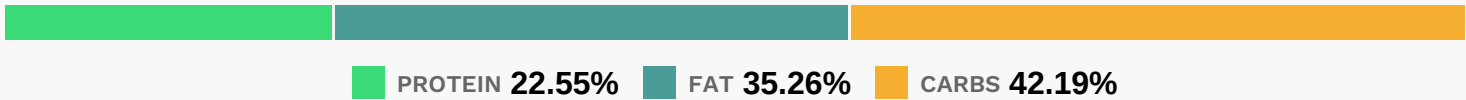
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Place the cream, onion or shallot and the thyme sprig into a small pan. Slowly heat to just below boiling point, then remove from the heat and leave to cool. Strain, discarding the onion and thyme.
- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Rub the bottom and sides of a gratin dish measuring about 20cm x 30cm with butter. Peel the parsnips and trim the ends. Peel and scoop the seeds out of the squash. Thinly slice the vegetables.
- ☐ Layer the parsnip and squash in the dish, pour over the infused cream, then scatter with the thyme leaves and gruyere.
- ☐ Bake for 1 hr until golden and a fork slides easily into the veg.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:17.058260891749%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 175.6kcal (8.78%), Fat: 7.11g (10.95%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 14.7g (5.35%), Sugar: 4.64g (5.15%), Cholesterol: 37.26mg (12.42%), Sodium: 89.88mg (3.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.47%), Vitamin A: 6810.33IU (136.21%), Vitamin C: 24.4mg (29.58%), Manganese: 0.5mg (24.78%), Fiber: 4.45g (17.79%), Vitamin B6: 0.34mg (17.02%), Zinc: 2.55mg (17.01%), Potassium: 587.93mg (16.8%), Folate: 65µg (16.25%), Phosphorus: 158.6mg (15.86%), Vitamin B3: 3.06mg (15.29%), Selenium: 10.68µg (15.25%), Vitamin K: 15.64µg (14.89%), Vitamin E: 2.06mg (13.73%), Vitamin B12: 0.81µg (13.46%), Magnesium: 49.82mg (12.46%), Vitamin B1: 0.15mg (10.01%), Calcium: 92.76mg (9.28%), Iron: 1.61mg (8.95%), Vitamin B5: 0.89mg (8.9%), Copper: 0.16mg (7.87%), Vitamin B2: 0.12mg (6.8%)