



Creamy Vegetable Gratin

READY IN



40 min.

SERVINGS



40

CALORIES



33 kcal

SIDE DISH

Ingredients

- 1 Tbsp butter melted
- 8 oz philadelphia cream cheese spread
- 1 tsp basil leaves dried
- 2 Tbsp milk
- 0.5 cup panko bread crumbs divided
- 0.3 cup parmesan cheese grated kraft
- 2 plum tomatoes sliced
- 1 cup mozzarella cheese shredded kraft
- 1 zucchini and squash yellow sliced

Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Sprinkle 1/4 cup bread crumbs onto bottom of 8-inch square baking dish sprayed with cooking spray.
- Mix remaining crumbs with Parmesan and butter.
- Mix cream cheese spread, milk and basil until blended.
- Combine zucchini and squash; spread half over crumbs in prepared dish. Cover with layers of half each of the cream cheese mixture and mozzarella. Repeat all layers. Top with tomatoes and Parmesan mixture.
- Bake 20 to 25 min. or until vegetables are heated through and top is golden brown.
- Let stand 5 min. before serving.

Nutrition Facts

PROTEIN 16.94% **FAT 66.42%** **CARBS 16.64%**

Properties

Glycemic Index:4.2, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.97695651909579%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 32.52kcal (1.63%), Fat: 2.4g (3.7%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.49g (0.55%), Cholesterol: 7.12mg (2.37%), Sodium: 63.43mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Calcium: 30.73mg (3.07%), Vitamin A: 124.17IU (2.48%), Phosphorus: 18.66mg (1.87%), Vitamin C: 1.3mg (1.58%), Vitamin B12: 0.08µg (1.33%), Selenium: 0.91µg (1.3%), Manganese: 0.02mg (1.2%), Vitamin B2: 0.02mg (1.17%), Vitamin K: 1.21µg (1.15%)