



Creamy Winter Squash Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 0.3 cup flour all-purpose
- 2 teaspoons parsley fresh chopped
- 1 garlic clove minced
- 0.3 teaspoon ground nutmeg
- 4 ounces gruyère cheese shredded
- 3 pounds kabocha squash cubed peeled
- 2 cups leek thinly sliced (2 large)

- 3.5 cups milk 1% low-fat
- 1 teaspoon salt
- 2 ounce bread white

Equipment

- food processor
- frying pan
- baking sheet
- oven
- whisk
- baking pan

Directions

- Preheat oven to 40
- Arrange squash in a single layer on a baking sheet coated with cooking spray.
- Bake at 400 for 25 minutes or until the squash is tender.
- Melt butter in a large nonstick skillet over medium heat.
- Add leek and salt; cook 4 minutes or until tender, stirring frequently.
- Combine milk and flour, stirring well with a whisk.
- Add milk mixture to pan; bring to a boil. Cook 1 minute or until thick, stirring constantly.
- Remove from heat.
- Add cheese, pepper, and nutmeg; stir until cheese melts. Gently stir in squash. Spoon mixture into a 2-quart baking dish coated with cooking spray.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/4 cups.
- Add parsley and garlic; pulse twice to combine.
- Sprinkle the breadcrumb mixture evenly over squash mixture.
- Bake at 400 for 20 minutes or until golden brown.

Nutrition Facts



■ PROTEIN 18.84% ■ FAT 27.93% ■ CARBS 53.23%

Properties

Glycemic Index:49.47, Glycemic Load:6.3, Inflammation Score:-9, Nutrition Score:17.193043511847%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 222.45kcal (11.12%), Fat: 7.19g (11.07%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 27.55g (10.02%), Sugar: 10.2g (11.33%), Cholesterol: 23.44mg (7.81%), Sodium: 485.46mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Vitamin A: 3066.74IU (61.33%), Calcium: 351.34mg (35.13%), Vitamin C: 23.74mg (28.78%), Phosphorus: 253.77mg (25.38%), Manganese: 0.48mg (24.21%), Potassium: 827.96mg (23.66%), Vitamin B6: 0.4mg (20.22%), Vitamin B2: 0.34mg (20%), Folate: 76.09µg (19.02%), Vitamin B12: 0.86µg (14.31%), Vitamin B1: 0.21mg (13.98%), Fiber: 3.29g (13.17%), Vitamin K: 13.45µg (12.81%), Magnesium: 50.96mg (12.74%), Selenium: 8.61µg (12.3%), Iron: 1.98mg (10.98%), Zinc: 1.49mg (9.92%), Vitamin B5: 0.87mg (8.69%), Vitamin B3: 1.72mg (8.61%), Copper: 0.17mg (8.61%), Vitamin D: 1.22µg (8.14%), Vitamin E: 0.52mg (3.45%)