



Curried Vegetable Gratin

READY IN



19 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- 16 ounce carrots frozen (or other vegetable combination)
- 0.5 teaspoon curry powder
- 2 tablespoons breadcrumbs dry fine
- 2 tablespoons flour all-purpose
- 1 tablespoon butter reduced-calorie
- 0.3 teaspoon salt
- 1.3 cups skim milk divided
- 2 ounces swiss cheese shredded reduced-fat

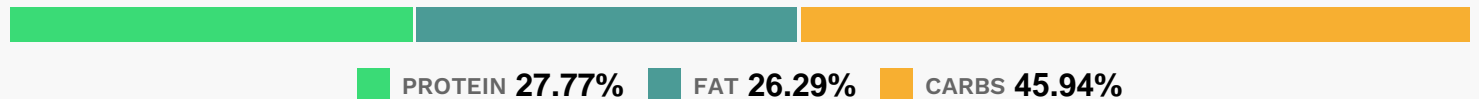
Equipment

- sauce pan
- oven
- steamer basket

Directions

- Arrange frozen vegetables in a steamer basket over boiling water. Cover and steam 8 minutes or until crisp-tender; drain. Set aside, and keep warm.
- Combine flour and 1/3 cup milk in a saucepan, stirring until smooth.
- Add remaining 1 cup milk and margarine; stir well. Cook over medium heat, stirring constantly, until milk mixture is thickened and bubbly.
- Remove from heat; add Swiss cheese, curry powder, and salt, stirring until cheese melts.
- Spoon vegetables evenly into 4 (1 1/2-cup) gratin or baking dishes coated with cooking spray. Spoon cheese mixture over vegetables.
- Sprinkle with breadcrumbs. Broil 5 1/2 inches from heat (with electric oven door partially opened) 4 to 5 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:4.48, Inflammation Score:-6, Nutrition Score:13.720435007759%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 140.87kcal (7.04%), Fat: 4.26g (6.55%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 14.07g (5.12%), Sugar: 6.81g (7.56%), Cholesterol: 7.41mg (2.47%), Sodium: 310.86mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Vitamin C: 54.69mg (66.3%), Calcium: 281.01mg (28.1%), Phosphorus: 237.01mg (23.7%), Folate: 79.75µg (19.94%), Vitamin K: 18.24µg (17.37%), Vitamin B2:

0.27mg (15.69%), Potassium: 510.35mg (14.58%), Vitamin B6: 0.28mg (13.91%), Manganese: 0.26mg (13.04%), Vitamin B1: 0.18mg (12.27%), Vitamin B12: 0.73µg (12.21%), Vitamin B5: 1.09mg (10.95%), Fiber: 2.68g (10.71%), Selenium: 6.69µg (9.55%), Magnesium: 35.63mg (8.91%), Zinc: 1.34mg (8.9%), Vitamin A: 315.81IU (6.32%), Vitamin B3: 1.25mg (6.23%), Vitamin D: 0.91µg (6.08%), Iron: 0.99mg (5.51%), Copper: 0.07mg (3.5%), Vitamin E: 0.27mg (1.8%)