



Eastham Turnip-Potato Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound baking potato peeled cut into (1/8-inch-thick) slices
- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 3 ounces gruyère cheese divided grated
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 pounds turnips peeled cut into (1/8-inch-thick) slices

Equipment

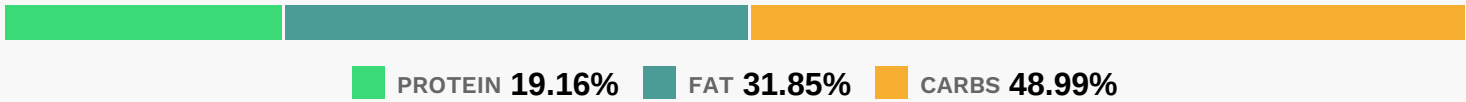
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place turnips in saucepan; cover with water. Bring to boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain; pat dry.
- ☐ Preheat oven to 35
- ☐ Arrange one third of turnips in a 2-quart baking dish coated with cooking spray; sprinkle with one third of salt and one third of pepper. Arrange half of potato over turnip.
- ☐ Sprinkle 6 tablespoons cheese evenly over potato. Arrange one third turnip over cheese; sprinkle with one third of salt and one third of pepper. Arrange remaining potato over turnip. Arrange remaining turnip over potato; sprinkle with remaining salt and remaining pepper.
- ☐ Pour broth over vegetables. Cover with foil, pressing foil down onto turnip slices.
- ☐ Bake at 350 for 1 hour.
- ☐ Preheat broiler.
- ☐ Uncover turnips; sprinkle with the remaining 6 tablespoons cheese. Broil 8 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:8.45, Inflammation Score:-2, Nutrition Score:5.8604346902474%

Nutrients (% of daily need)

Calories: 98.51kcal (4.93%), Fat: 3.58g (5.51%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.53g (3.83%), Sugar: 3.03g (3.36%), Cholesterol: 11.69mg (3.9%), Sodium: 357.93mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Vitamin C: 17.31mg (20.98%), Calcium: 135.66mg (13.57%), Vitamin B6: 0.22mg (11.12%), Phosphorus: 109.38mg (10.94%), Potassium: 329.38mg (9.41%), Manganese:

0.18mg (9.11%), Fiber: 1.86g (7.44%), Copper: 0.11mg (5.66%), Magnesium: 21.83mg (5.46%), Zinc: 0.74mg (4.9%), Vitamin B1: 0.07mg (4.75%), Folate: 17.88µg (4.47%), Vitamin B3: 0.86mg (4.28%), Vitamin B2: 0.07mg (4.1%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.36mg (3.57%), Iron: 0.64mg (3.55%), Vitamin B12: 0.21µg (3.54%), Vitamin A: 101.89IU (2.04%), Vitamin K: 1.33µg (1.26%)