



Gratin of carrots & root vegetables

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

Ingredients

- ☐ 500 g potato wafer thin sliced (we used Desirée)
- ☐ 1 small parsnips wafer thin sliced
- ☐ 3 garlic clove thinly sliced
- ☐ 1 tbsp rosemary leaves fresh chopped
- ☐ 284 ml double cream
- ☐ 150 ml milk
- ☐ 350 g carrots wafer thin sliced
- ☐ 50 g parmesan grated

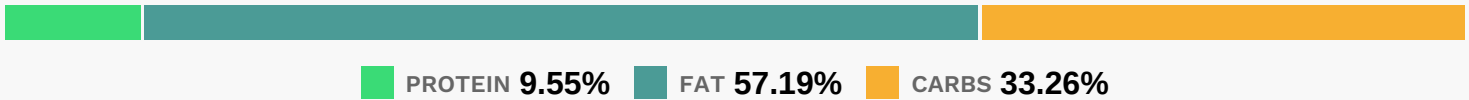
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 180C/gas 4/fan 160C and butter a shallow ovenproof dish.
- ☐ Layer the potatoes, then the parsnip in the bottom of the dish with two of the sliced garlic cloves and sprinkle over a little salt and half the rosemary. Its best to keep the potatoes buried under the other vegetables because they go black if they are on top of the gratin.
- ☐ Pour the cream and milk into a large saucepan, add the rest of the rosemary and garlic, the carrots and a little seasoning. Bring to the boil, then turn the heat to the lowest it will go and simmer for 3 minutes.
- ☐ Pour the carrots and cream over the other vegetables, and spread the carrots out.
- ☐ Sprinkle over the parmesan, cover with foil and bake for 40 minutes.
- ☐ Remove the foil and bake a further 20 minutes until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:48.46, Glycemic Load:6.42, Inflammation Score:-10, Nutrition Score:21.543043489042%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 471.39kcal (23.57%), Fat: 30.79g (47.37%), Saturated Fat: 19.3g (120.65%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 33.72g (12.26%), Sugar: 11.69g (12.99%), Cholesterol: 93.85mg (31.28%), Sodium: 321.47mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.13%), Vitamin A: 15849.34IU (316.99%),

Potassium: 1143.29mg (32.67%), Phosphorus: 305.35mg (30.53%), Calcium: 303.45mg (30.35%), Vitamin C: 23.72mg (28.76%), Manganese: 0.56mg (28.24%), Fiber: 6.58g (26.32%), Vitamin K: 26.55µg (25.28%), Vitamin B6: 0.46mg (22.87%), Vitamin B2: 0.34mg (20.07%), Folate: 69.35µg (17.34%), Magnesium: 65.33mg (16.33%), Vitamin B1: 0.24mg (15.96%), Copper: 0.27mg (13.68%), Vitamin B3: 2.71mg (13.54%), Vitamin E: 1.87mg (12.49%), Vitamin B5: 1.22mg (12.2%), Vitamin D: 1.63µg (10.87%), Selenium: 7.42µg (10.6%), Zinc: 1.55mg (10.37%), Iron: 1.64mg (9.13%), Vitamin B12: 0.47µg (7.89%)