



WHATSheATE



Herby root vegetable gratin



Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

Ingredients

- ☐ 25 g butter for greasing
- ☐ 1 onion thinly sliced
- ☐ 425 ml double cream
- ☐ 300 ml milk
- ☐ 1 kg potatoes thinly sliced
- ☐ 350 g swede thinly sliced
- ☐ 350 g parsnips thinly sliced
- ☐ 1 small bunch parsley

- ☐ 2 tbsp thyme leaf
- ☐ 1 garlic clove crushed
- ☐ 50 g parmesan grated (or vegetarian alternative)
- ☐ 3 tbsp olive oil

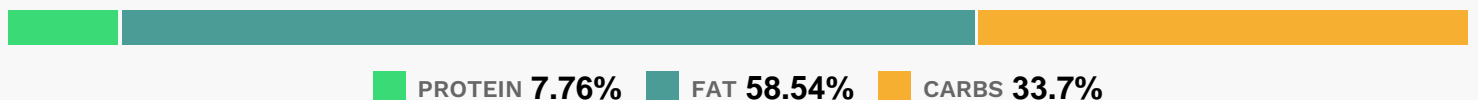
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Melt half the butter in a large saucepan, add the onion and cook until soft.
- ☐ Pour in the cream and milk, and add lots of seasoning.
- ☐ Add the sliced vegetables and gently simmer for 10 mins until the potatoes start to soften.
- ☐ Meanwhile, blend the herbs, garlic, most of the Parmesan and some seasoning in a food processor.
- ☐ Add the oil and blend again to form a paste.
- ☐ Tip a third of the creamy veg into a buttered baking dish, dollop over half the herb mix and spread out a little. Top with another third of the veg, followed by the remaining herb mix, then the rest of the vegetables. Dot the surface with the remaining butter and scatter over the reserved Parmesan.
- ☐ Bake for 1-1 hrs until bubbling and golden, covering with foil for the final 30 mins if its becoming too brown. Leave to rest for 10-15 mins before serving.

Nutrition Facts



Properties

Glycemic Index:57.09, Glycemic Load:22.17, Inflammation Score:-10, Nutrition Score:22.609999843266%

Flavonoids

Apigenin: 17.09mg, Apigenin: 17.09mg, Apigenin: 17.09mg, Apigenin: 17.09mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 453.87kcal (22.69%), Fat: 30.34g (46.68%), Saturated Fat: 16.46g (102.86%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 32.67g (11.88%), Sugar: 9.15g (10.16%), Cholesterol: 76mg (25.33%), Sodium: 171.34mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.11%), Vitamin K: 134.57µg (128.16%), Vitamin C: 56.73mg (68.77%), Vitamin A: 1662.19IU (33.24%), Potassium: 1010.79mg (28.88%), Manganese: 0.56mg (28.12%), Vitamin B6: 0.53mg (26.68%), Fiber: 6.62g (26.49%), Phosphorus: 250.23mg (25.02%), Calcium: 227.97mg (22.8%), Folate: 75.41µg (18.85%), Magnesium: 69.21mg (17.3%), Vitamin B2: 0.27mg (16.14%), Vitamin B1: 0.23mg (15.18%), Vitamin E: 2.21mg (14.7%), Iron: 2.34mg (13.02%), Copper: 0.24mg (11.83%), Vitamin B3: 2.17mg (10.83%), Vitamin B5: 1.07mg (10.7%), Zinc: 1.32mg (8.82%), Vitamin D: 1.31µg (8.74%), Selenium: 5.37µg (7.68%), Vitamin B12: 0.37µg (6.24%)