



Mashed Potato and Turnip Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

Ingredients

- 0.3 cup butter ()
- 1 pinch nutmeg
- 0.5 cup pecorino cheese divided grated
- 1.8 pounds turnip (5 medium)
- 2 pounds yukon gold potatoes (5 medium)

Equipment

- food processor
- bowl

- oven
- pot
- baking pan

Directions

- Butter 11x7x2-inch glass or ceramic baking dish. Cook potatoes and turnips in heavy large pot of boiling salted water until tender, about 35 minutes.
- Drain. Cool vegetables slightly and peel.
- Cut into large chunks; place in food processor.
- Add butter and process until smooth, scraping down sides of bowl occasionally.
- Add 1/4 cup cheese and pinch of ground nutmeg; blend briefly. Season puree to taste with salt and pepper. Spoon into prepared dish.
- Sprinkle with remaining 1/4 cup cheese. (Gratin can be prepared 1 day ahead. Cover and chill.)
- Preheat oven to 425°F.
- Bake gratin uncovered until vegetables are hot and top is golden, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:23.93, Inflammation Score:-6, Nutrition Score:13.498260950265%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 254.41kcal (12.72%), Fat: 10.24g (15.76%), Saturated Fat: 6.38g (39.91%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 29.57g (10.75%), Sugar: 6.32g (7.02%), Cholesterol: 29mg (9.67%), Sodium: 258.56mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.97%), Vitamin C: 57.57mg (69.79%), Vitamin B6: 0.57mg (28.64%), Potassium: 899.25mg (25.69%), Fiber: 5.74g (22.97%), Manganese: 0.42mg (20.76%), Phosphorus: 187.86mg (18.79%), Calcium: 149.08mg (14.91%), Copper: 0.28mg (14%), Magnesium: 53.24mg (13.31%), Vitamin B1: 0.18mg (11.87%), Folate: 45.03µg (11.26%), Vitamin B3: 2.14mg (10.68%), Iron: 1.65mg (9.15%), Vitamin B5: 0.76mg (7.58%), Vitamin B2: 0.12mg (7.19%), Zinc: 1.02mg (6.82%), Vitamin A: 274.14IU (5.48%), Selenium: 2.69µg

(3.84%), Vitamin K: 3.85µg (3.67%), Vitamin E: 0.29mg (1.96%), Vitamin B12: 0.11µg (1.82%)