



 **51%**
HEALTH SCORE

Parmesan-Butternut Squash Gratin

READY IN



75 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 2.5 lb butternut squash
- 0.3 cup parsley fresh chopped
- 2 large cloves garlic finely chopped
- 0.3 cup panko bread crumbs
- 0.3 cup parmesan cheese grated
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

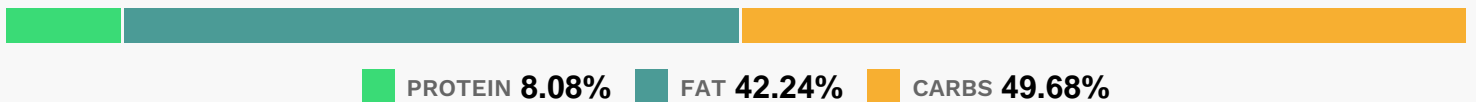
Equipment

- bowl
- sauce pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 375F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Peel, halve lengthwise and seed squash; cut into 1/2-inch-thick slices. Arrange with slices overlapping slightly in bottom of baking dish.
- In 2-quart saucepan, melt butter over medium heat. Reduce heat to low.
- Add garlic; cook 2 to 3 minutes, stirring frequently, until garlic is soft and butter is infused with garlic flavor. Do not let butter brown.
- In small bowl, mix bread crumbs, cheese and 1 tablespoon of the butter-garlic mixture.
- Brush squash slices with remaining butter-garlic mixture.
- Sprinkle with salt, pepper and bread crumb mixture.
- Bake uncovered 30 to 40 minutes or until squash is tender when pierced with fork. Increase oven temperature to 425F; bake 5 to 10 minutes longer or until lightly browned. Before serving, sprinkle parsley over top.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:17.953043613745%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 188.81kcal (9.44%), Fat: 9.52g (14.64%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 21.18g (7.7%), Sugar: 4.35g (4.83%), Cholesterol: 4.83mg (1.61%), Sodium: 310.75mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.19%), Vitamin A: 20687.66IU (413.75%), Vitamin C: 43.35mg (52.54%), Vitamin K: 43.42µg (41.36%), Manganese: 0.44mg (21.79%), Vitamin E: 3.07mg (20.43%), Potassium: 702.8mg (20.08%), Magnesium: 69.14mg (17.28%), Fiber: 4.01g (16.03%), Vitamin B6: 0.31mg (15.71%), Calcium: 152.75mg (15.27%), Vitamin B1: 0.22mg (14.65%), Folate: 57.97µg (14.49%), Vitamin B3: 2.48mg (12.4%), Phosphorus: 106.94mg (10.69%), Iron: 1.65mg (9.14%), Vitamin B5: 0.81mg (8.12%), Copper: 0.15mg (7.6%), Selenium: 3.67µg (5.24%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.6mg (4%), Vitamin B12: 0.09µg (1.55%)