



Parsnip and Hazelnut Gratin with Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces bacon chopped
- ☐ 2 tablespoons sage fresh minced
- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup hazelnuts divided toasted chopped
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup chicken broth
- ☐ 2 pounds parsnips trimmed peeled thinly sliced lengthwise (11 medium)
- ☐ 2 cups whipping cream

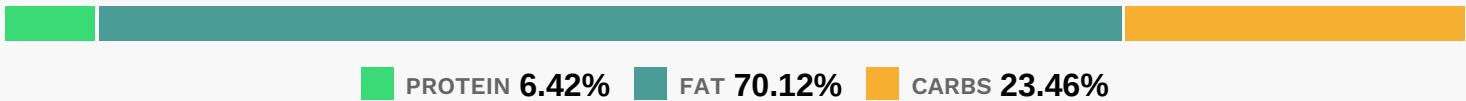
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F. Sauté bacon in heavy medium skillet over medium-high heat until golden brown, about 6 minutes. Using slotted spoon, transfer bacon to large bowl. Stir in parsnips and 1/4 cup hazelnuts. Arrange mixture in even layer in 2-quart baking dish.
- ☐ Combine whipping cream, broth, salt, and pepper in medium bowl.
- ☐ Pour over parsnip mixture in dish.
- ☐ Bake gratin 30 minutes. Press down on parsnips with spatula to moisten evenly. Continue baking until parsnips are tender and liquid bubbles thickly, about 35 minutes longer.
- ☐ Let stand 10 minutes.
- ☐ Sprinkle with remaining hazelnuts and sage.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:6.26, Inflammation Score:-6, Nutrition Score:16.612173940824%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 320.87kcal (16.04%), Fat: 25.81g (39.71%), Saturated Fat: 12.85g (80.3%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 14.27g (5.19%), Sugar: 6.04g (6.71%), Cholesterol: 61.27mg (20.42%), Sodium: 452.99mg (19.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Copper: 3.87mg (193.73%), Manganese: 1.03mg (51.3%), Vitamin K: 23.11µg (22.01%), Fiber: 5.16g (20.66%), Vitamin C: 16.09mg (19.5%), Vitamin E: 2.74mg (18.27%), Folate: 69.5µg (17.37%), Vitamin A: 706.21IU (14.12%), Potassium: 476.81mg (13.62%), Phosphorus: 133.59mg (13.36%), Vitamin B1: 0.16mg (10.99%), Magnesium: 43.41mg (10.85%), Vitamin B2: 0.16mg (9.4%), Vitamin B6: 0.17mg (8.26%), Calcium: 81.39mg (8.14%), Vitamin B5: 0.79mg (7.87%), Selenium: 5.49µg (7.85%), Vitamin B3: 1.56mg (7.78%), Zinc: 0.98mg (6.53%), Iron: 1.12mg (6.21%), Vitamin D: 0.81µg (5.38%), Vitamin B12: 0.16µg (2.61%)