

Parsnip Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon sage fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 Dash nutmeg
- ☐ 2 cups milk 2% divided reduced-fat
- ☐ 0.5 cup onion chopped

- ☐ 2 pounds parsnips 1-inch-thick peeled ()
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce sandwich bread white

Equipment

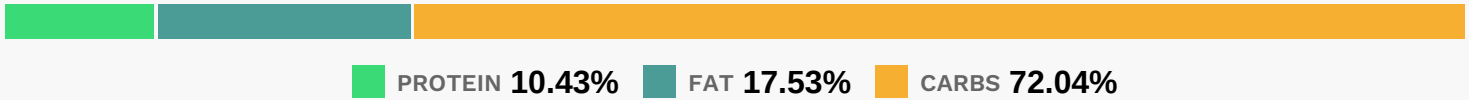
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 40
- ☐ Place parsnip in a saucepan, and cover with water. Bring to a boil, reduce heat, and simmer over medium heat 20 minutes or until tender.
- ☐ Drain.
- ☐ Place the parsnip in a bowl, and mash with a potato masher until smooth.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and garlic; saut 3 minutes or until onion is tender.
- ☐ Add flour, stirring to coat onions. Gradually add 1/2 cup milk, stirring constantly with a whisk until blended.
- ☐ Add the remaining milk; cook over medium heat until thick (about 8 minutes), stirring constantly.
- ☐ Remove from heat, and stir in salt, pepper, and nutmeg.
- ☐ Add milk mixture and sage to mashed parsnip, and stir to combine.
- ☐ Place the parsnip mixture in a shallow 1 1/2-quart baking dish coated with cooking spray.

- ☐
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- ☐
- Combine breadcrumbs and butter, and sprinkle evenly over parsnip mixture.
- ☐
- Bake at 400 for 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:102.69, Glycemic Load:22.85, Inflammation Score:-7, Nutrition Score:27.853912913281%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 314.2kcal (15.71%), Fat: 6.33g (9.74%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 46.57g (16.93%), Sugar: 18.19g (20.21%), Cholesterol: 16.97mg (5.66%), Sodium: 426.42mg (18.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Copper: 1.83mg (91.54%), Manganese: 1.5mg (74.92%), Vitamin C: 40.75mg (49.39%), Vitamin K: 51.76µg (49.29%), Fiber: 11.96g (47.85%), Folate: 184.17µg (46.04%), Potassium: 1072.29mg (30.64%), Phosphorus: 295.78mg (29.58%), Calcium: 251.72mg (25.17%), Vitamin B1: 0.36mg (24.15%), Vitamin E: 3.52mg (23.48%), Vitamin B2: 0.4mg (23.32%), Magnesium: 86.25mg (21.56%), Vitamin B5: 1.89mg (18.91%), Selenium: 11.68µg (16.69%), Vitamin B6: 0.3mg (15.11%), Zinc: 2.09mg (13.95%), Vitamin B3: 2.53mg (12.67%), Iron: 2.1mg (11.68%), Vitamin B12: 0.63µg (10.52%), Vitamin A: 209.03IU (4.18%)