



Potato-Butternut Squash-and-Gruère Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 pounds butternut squash
- 12 servings cream sauce
- 2 cups gruyère cheese shredded
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1 large onion sweet chopped
- 2.5 pounds yukon gold potatoes

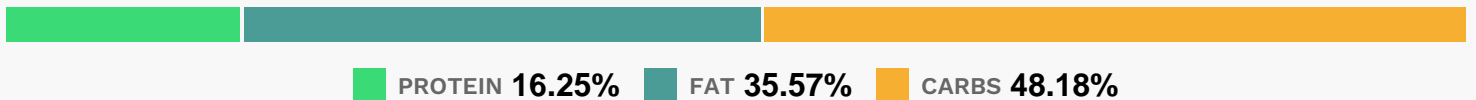
Equipment

- frying pan
- oven
- baking pan
- dutch oven

Directions

- Peel and thinly slice potatoes. Peel, seed, and thinly slice squash.
- Cook potato in boiling water to cover in a Dutch oven 5 minutes.
- Add squash; cover and cook 3 more minutes.
- Remove from heat, and drain well.
- Melt butter in a large skillet; add onion, and saute 10 to 12 minutes or until golden brown.
- Layer half of potato slices and squash in a lightly greased 13- x 9-inch baking dish; sprinkle with half of salt and pepper. Top with half of onion, cheese, and Cream Sauce. Repeat layers, ending with Cream Sauce.
- Bake at 350 for 1 hour or until golden brown.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:12.1, Inflammation Score:-10, Nutrition Score:16.515217309413%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 226.96kcal (11.35%), Fat: 9.26g (14.24%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 24.32g (8.84%), Sugar: 4.21g (4.68%), Cholesterol: 24.21mg (8.07%), Sodium: 387.25mg

(16.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.03%), Vitamin A: 8330.81IU (166.62%), Vitamin C: 35.82mg (43.42%), Calcium: 277.02mg (27.7%), Vitamin B6: 0.45mg (22.48%), Phosphorus: 221mg (22.1%), Potassium: 719.56mg (20.56%), Manganese: 0.34mg (16.84%), Fiber: 3.89g (15.55%), Magnesium: 58.54mg (14.63%), Vitamin B1: 0.18mg (11.76%), Folate: 44.15µg (11.04%), Vitamin B3: 1.97mg (9.84%), Copper: 0.18mg (9.19%), Zinc: 1.29mg (8.61%), Vitamin E: 1.26mg (8.43%), Iron: 1.4mg (7.77%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.11mg (6.72%), Vitamin B12: 0.35µg (5.92%), Selenium: 4.02µg (5.74%), Vitamin K: 3.47µg (3.3%)