



WHATSheATE



Potato, Turnip, and Spinach Baeckeffe



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby spinach leaves packed
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 ounces gruyère cheese shredded
- ☐ 0.3 cup heavy whipping cream

- ☐ 4 cups onion vertically sliced (2 medium onions)
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound mushroom caps sliced
- ☐ 1 large thyme sprig
- ☐ 6 ounce turnip peeled cut into (1/8-inch-thick) slices
- ☐ 1 cup white wine
- ☐ 8 ounce yukon gold potatoes peeled cut into (1/4-inch-thick) slices

Equipment

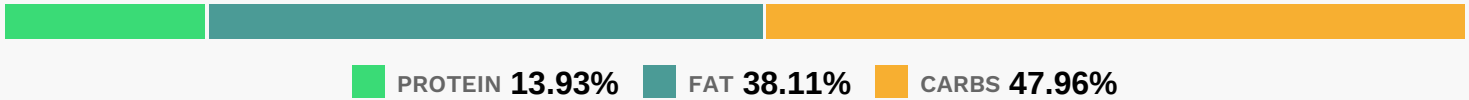
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms to pan, and saut 2 minutes or until lightly browned. Stir in garlic; saut 30 seconds.
- ☐ Add wine; cook 2 minutes.
- ☐ Add parsley, thyme, and 1/4 teaspoon pepper. Cover, reduce heat, and simmer 10 minutes. Uncover and cook 6 minutes or until liquid almost evaporates.
- ☐ Remove from heat; discard thyme.
- ☐ Add cream cheese, stirring until cheese melts.
- ☐ Remove mushroom mixture from pan. Wipe pan clean with paper towels.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saute for 5 minutes, stirring frequently. Reduce heat to medium; continue cooking for 15 minutes or until deep golden brown, stirring frequently. Set aside.
- ☐ Coat a 6-cup baking dish with cooking spray. Arrange potato slices in dish, and top with spinach.

- Sprinkle 1/4 teaspoon salt and 1/4 teaspoon black pepper evenly over spinach. Spoon the mushroom mixture over black pepper, and arrange turnip slices over mushroom mixture. Top with caramelized onions; sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and tarragon.
- Pour whipping cream over tarragon, and sprinkle evenly with Gruyere cheese. Cover and bake at 350 for 40 minutes. Uncover and bake an additional 20 minutes or until vegetables are tender and cheese begins to brown.

Nutrition Facts



Properties

Glycemic Index:130.44, Glycemic Load:14.22, Inflammation Score:-10, Nutrition Score:26.71391329558%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg

Nutrients (% of daily need)

Calories: 350.23kcal (17.51%), Fat: 13.74g (21.15%), Saturated Fat: 8.02g (50.12%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 30.75g (11.18%), Sugar: 12.69g (14.1%), Cholesterol: 39.93mg (13.31%), Sodium: 483.57mg (21.02%), Alcohol: 6.18g (100%), Alcohol %: 1.61% (100%), Protein: 11.31g (22.61%), Vitamin K: 108.98µg (103.79%), Vitamin C: 39.91mg (48.38%), Manganese: 0.95mg (47.33%), Vitamin B6: 0.84mg (41.85%), Vitamin A: 2065.36IU (41.31%), Phosphorus: 336.09mg (33.61%), Fiber: 8.16g (32.66%), Potassium: 1094.31mg (31.27%), Vitamin B3: 5.66mg (28.28%), Vitamin B2: 0.44mg (25.94%), Calcium: 248.22mg (24.82%), Folate: 97.7µg (24.43%), Vitamin B5: 2.33mg (23.28%), Magnesium: 85.3mg (21.33%), Copper: 0.37mg (18.29%), Zinc: 2.53mg (16.88%), Selenium: 10.64µg (15.2%), Iron: 2.44mg (13.56%), Vitamin B1: 0.19mg (12.33%), Vitamin D: 0.78µg (5.18%), Vitamin B12: 0.26µg (4.28%), Vitamin E: 0.63mg (4.21%)