



Provençal Summer Squash and Potato Gratin

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

Ingredients

- 1 sprig rosemary fresh
- 6 servings kosher salt and pepper black freshly ground
- 1.5 ounces manchego cheese freshly grated
- 1 tablespoon olive oil
- 0.3 small onion sweet such as vidalia, thinly sliced
- 8 ounces summer squash yellow
- 1 small yukon gold potatoes scrubbed thinly sliced
- 8 ounces zucchini

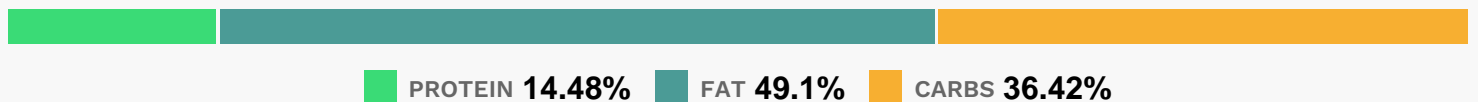
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 375 degrees F. Lightly mist a shallow 2-quart baking or gratin dish with cooking spray.
- Thinly slice the squash, zucchini, potato, and onion 1/4-inch thick with a mandolin or by hand. Shingle the vegetables in the prepared baking dish in one layer. Season with salt and pepper.
- Sprinkle with the rosemary leaves and drizzle with olive oil. Cover with foil and bake until the potatoes are tender, 30 to 35 minutes.
- Remove the foil; sprinkle with the cheese.
- Bake until the cheese is browned and most of the liquid has evaporated, about 45 minutes more.
- Let stand at least 10 minutes.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:4.03, Inflammation Score:-4, Nutrition Score:5.4434782188872%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 90.01kcal (4.5%), Fat: 5.09g (7.84%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.93g (2.52%), Sugar: 2.69g (2.99%), Cholesterol: 7.58mg (2.53%), Sodium: 49.67mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin C: 19.44mg (23.56%), Vitamin B6: 0.25mg (12.29%), Manganese: 0.2mg (9.99%), Potassium: 334.85mg (9.57%), Calcium: 94.23mg (9.42%), Folate: 27.77µg (6.94%), Fiber: 1.57g (6.28%), Vitamin B2: 0.1mg (5.96%), Magnesium: 21.17mg (5.29%), Phosphorus: 48.77mg (4.88%), Vitamin K: 4.91µg (4.67%), Vitamin B1: 0.06mg (4.24%), Copper: 0.08mg (3.95%), Vitamin A: 191.92IU (3.84%), Vitamin B3: 0.67mg (3.36%), Iron: 0.55mg (3.07%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.23mg (2.35%), Zinc: 0.33mg (2.21%)