



Roast winter veg with fondue sauce



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 1 small butternut squash seeded cut into 2½ cm/1in cubes
- ☐ 1 onion red cut into thin wedges
- ☐ 300 g cauliflower florets
- ☐ 1 garlic clove crushed
- ☐ 8 cherry tomatoes
- ☐ 2 tsp cornflour mixed with 1 tbsp water
- ☐ 1 tablespoon kirsch liqueur

- ☐ 100 ml white wine
- ☐ 175 g if ready grated bought sliced chopped

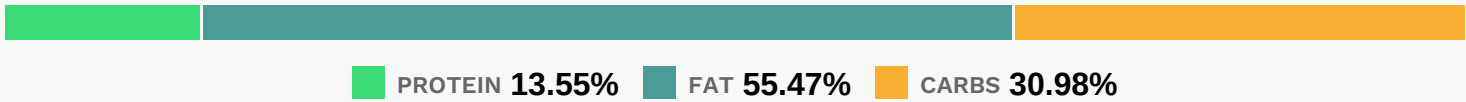
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 220C/gas 7/fan 200C.
- ☐ Drizzle half the oil over the base of a large gratin dish or medium roasting tin. Tip in the squash, onion, cauliflower, garlic and season with salt and pepper. Toss everything together roughly and drizzle with the remaining oil.
- ☐ Put the vegetables in the oven and bake for 15 minutes uncovered, stirring half way through.
- ☐ Stir the vegetables again, arrange the tomatoes on top, and roast for another 15–20 minutes, until lightly toasted.
- ☐ To make the sauce, pour the wine into a small pan and bring to the boil.
- ☐ Remove from the heat, stir in the cheese and cornflour mixture then the kirsch or brandy if using.
- ☐ Put the pan back onto a low heat and stir everything together until the cheese melts into the liquid and forms a runny, silky sauce.
- ☐ Serve the vegetables with the sauce poured over.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:45.55608712072%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin:

0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg

Nutrients (% of daily need)

Calories: 851.9kcal (42.6%), Fat: 51.68g (79.51%), Saturated Fat: 20.01g (125.04%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 52.97g (19.26%), Sugar: 15.93g (17.7%), Cholesterol: 87.5mg (29.17%), Sodium: 645.4mg (28.06%), Alcohol: 7.73g (100%), Alcohol %: 1.2% (100%), Protein: 28.4g (56.81%), Vitamin A: 41073.01IU (821.46%), Vitamin C: 171.09mg (207.38%), Calcium: 859.28mg (85.93%), Vitamin E: 9.59mg (63.95%), Phosphorus: 637.47mg (63.75%), Manganese: 1.23mg (61.4%), Potassium: 2106.86mg (60.2%), Folate: 224.97µg (56.24%), Vitamin B6: 1.08mg (53.88%), Fiber: 11.96g (47.84%), Magnesium: 190.75mg (47.69%), Vitamin K: 44.47µg (42.35%), Selenium: 28.47µg (40.67%), Vitamin B1: 0.53mg (35.41%), Vitamin B2: 0.59mg (34.72%), Vitamin B5: 3.05mg (30.49%), Zinc: 4.45mg (29.67%), Vitamin B3: 5.8mg (28.99%), Iron: 4.27mg (23.7%), Copper: 0.44mg (21.95%), Vitamin B12: 0.93µg (15.46%), Vitamin D: 0.52µg (3.5%)