



Roasted Butternut Squash Gratin

 Popular

READY IN



75 min.

SERVINGS



6

CALORIES



1762 kcal

SIDE DISH

Ingredients

- ☐ 0.3 tsp pepper black
- ☐ 2.5 lbs butternut squash cubed peeled
- ☐ 2 qt deep dish pie crust
- ☐ 1.5 tbsp flour
- ☐ 2 cloves garlic crushed
- ☐ 0.8 cup gruyere cheese shredded packed
- ☐ 1.3 cups milk
- ☐ 1 pinch nutmeg

- ☐ 1 tbsp olive oil
- ☐ 1 tbsp potato flour
- ☐ 0.5 tsp salt to taste ()
- ☐ 2 tbsp butter unsalted
- ☐ 0.3 cup walnut pieces finely chopped

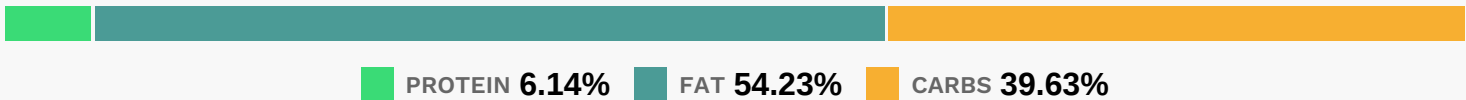
Equipment

- ☐ baking pan

Directions

- ☐ Save Recipe
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- ☐ Roasted Butternut Squash Gratin
- ☐ Ingredients2 1/2 lbs peeled and cubed butternut squash1 tbsp olive oil2 cloves garlic, crushed1/3 cup finely chopped walnuts2 tbsp unsalted butter1 1/2 tbsp flour1/2 tsp salt (or more to taste)1/4 tsp black pepper1 1/4 cups lowfat milk3/4 cup shredded Gruyère cheese, tightly packed
- ☐ Pinch of nutmeg
- ☐ Gluten Free Modification Ingredients1 tbsp potato starch
- ☐ You will also need2 qt gratin dish or 8x8 inch square baking dish
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 1 Hour
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:41.233478090037%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1761.88kcal (88.09%), Fat: 107.15g (164.84%), Saturated Fat: 32.28g (201.76%), Carbohydrates: 176.2g (58.73%), Net Carbohydrates: 167.37g (60.86%), Sugar: 6.94g (7.71%), Cholesterol: 30.78mg (10.26%), Sodium: 1453.56mg (63.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.56%), Vitamin A: 20463.45IU (409.27%), Manganese: 2.16mg (107.97%), Folate: 307.01µg (76.75%), Vitamin B1: 0.99mg (65.72%), Vitamin B3: 10.47mg (52.35%), Vitamin K: 51.96µg (49.49%), Iron: 8.82mg (49%), Vitamin C: 40.14mg (48.66%), Vitamin E: 7.19mg (47.91%), Phosphorus: 457.25mg (45.72%), Calcium: 393.69mg (39.37%), Vitamin B2: 0.63mg (36.85%), Fiber: 8.84g (35.35%), Magnesium: 135.76mg (33.94%), Potassium: 1094.79mg (31.28%), Selenium: 19.73µg (28.19%), Vitamin B6: 0.54mg (27.06%), Copper: 0.51mg (25.32%), Vitamin B5: 2.23mg (22.26%), Zinc: 2.83mg (18.88%), Vitamin B12: 0.57µg (9.53%), Vitamin D: 0.71µg (4.74%)