



Roasted Mushrooms, Parsnip, Potatoes and Spinach Casserole



Gluten Free



Very Healthy

READY IN



95 min.

SERVINGS



6

CALORIES



707 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 eggs beaten
- ☐ 8 cloves garlic crushed
- ☐ 1 cup gruyere cheese grated
- ☐ 0.5 cup heavy cream
- ☐ 1 optional: lemon

- ☐ 0.5 cup milk
- ☐ 2.5 pounds mushrooms – when you bring them home wild mixed halved sliced coarsely chopped
- ☐ 6 servings roasted mushrooms
- ☐ 6 servings nutmeg freshly grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 small onion peeled
- ☐ 6 servings paprika
- ☐ 4 medium parsnips peeled chopped
- ☐ 6 servings parsnips
- ☐ 6 servings salt
- ☐ 1 box pkt spinach frozen dry organic chopped
- ☐ 4 large starchy potatoes peeled cut into chunks
- ☐ 1 sprigs several thyme fresh

Equipment

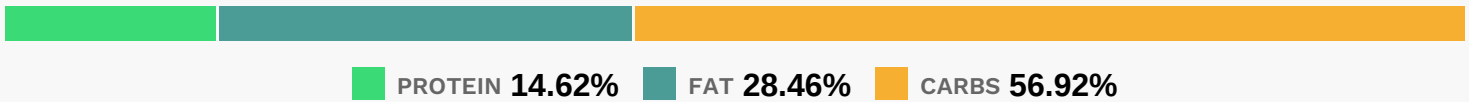
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the potatoes and parsnips in large pot and cover with water. Bring the water to a boil, over medium heat. Salt the water and cook the vegetable until tender, 12 to 15 minutes.
- ☐ Drain and return them to the hot pot. Grate in 3 to 4 tablespoons of onion, then add the spinach, butter, half of the milk and all of the cream. Season with salt, pepper and a little freshly grated nutmeg, to taste. Mash the mixture together and taste to adjust seasonings.
- ☐ Add the extra splash of milk if the potatoes are too tight. Cool to room temperature, then stir in the eggs and transfer the mixture to a casserole. Cover with cheese and sprinkle with paprika. Cool and chill for a make-ahead meal.

- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the casserole on a baking sheet and put it in the lower third of the oven.
- ☐ Bake until hot and golden, about 35 to 40 minutes.
- ☐ In a medium baking dish toss the mushrooms with the garlic, thyme and olive oil. Roast until dark and tender, about 30 minutes. Stir in the lemon juice and season with salt and pepper, to taste.
- ☐ Serve the mushrooms alongside the casserole.

Nutrition Facts



Properties

Glycemic Index:107.33, Glycemic Load:64.45, Inflammation Score:-10, Nutrition Score:57.18695640564%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 706.5kcal (35.32%), Fat: 23.53g (36.2%), Saturated Fat: 11.88g (74.24%), Carbohydrates: 105.85g (35.28%), Net Carbohydrates: 89.07g (32.39%), Sugar: 15.23g (16.93%), Cholesterol: 100.78mg (33.59%), Sodium: 604.16mg (26.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.4%), Vitamin K: 212.01µg (201.91%), Vitamin A: 7206.38IU (144.13%), Vitamin C: 79.85mg (96.78%), Vitamin B6: 1.85mg (92.38%), Manganese: 1.82mg (90.93%), Potassium: 3011.75mg (86.05%), Vitamin B2: 1.28mg (75.17%), Phosphorus: 681.88mg (68.19%), Fiber: 16.78g (67.13%), Copper: 1.29mg (64.52%), Vitamin B3: 12.33mg (61.66%), Folate: 244.51µg (61.13%), Vitamin B5: 5.25mg (52.5%), Magnesium: 197.93mg (49.48%), Selenium: 33.95µg (48.49%), Vitamin B1: 0.68mg (45.02%), Calcium: 422.84mg (42.28%), Iron: 6.9mg (38.33%), Vitamin E: 4.6mg (30.64%), Zinc: 4.01mg (26.7%), Vitamin B12: 0.56µg (9.27%), Vitamin D: 1.3µg (8.65%)