



## Root Vegetable Gratin

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

### Ingredients

- 1 butternut squash peeled thinly sliced
- 1 pound bulb celery root peeled thinly sliced cut in half and (celeriac)
- 1 teaspoon thyme leaves fresh minced
- 0.5 teaspoon ground nutmeg
- 0.5 cup heavy cream
- 1 bunch leek white green washed thinly sliced well
- 0.3 cup parmesan cheese grated
- 1 pound potatoes red peeled thinly sliced

- 3 tablespoons butter unsalted softened
- 1.8 cups vegetable broth organic swanson® (regular or Certified )

## Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

## Directions

- Heat the oven to 400 degrees F.
- Spread the butter in a 13x9x2-inch baking dish.
- Add the squash, potatoes, celery root and leeks into the prepared dish.
- Heat the broth, cream, thyme and nutmeg in a 2-quart saucepan over medium heat to a boil. Season to taste.
- Pour the broth mixture over the vegetables and toss to coat.
- Bake for 25 minutes. Reduce the temperature to 350 degrees F and bake for 40 minutes more, or until golden brown and the vegetables are tender. (If the vegetables are browning too fast in the first 25 minutes, cover the dish loosely with foil.)
- Sprinkle with the cheese.
- Let stand for 10 minutes.

## Nutrition Facts



PROTEIN 8.08% FAT 44.41% CARBS 47.51%

## Properties

Glycemic Index:37.83, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:20.021739130435%

## Flavonoids

Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 286.67kcal (14.33%), Fat: 14.92g (22.95%), Saturated Fat: 9.18g (57.35%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 30.68g (11.16%), Sugar: 6.16g (6.84%), Cholesterol: 42.29mg (14.1%), Sodium: 471.81mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin A: 13972.11IU (279.44%), Vitamin C: 39.48mg (47.85%), Vitamin K: 35.86µg (34.15%), Potassium: 1044.43mg (29.84%), Manganese: 0.5mg (24.76%), Vitamin B6: 0.46mg (22.96%), Phosphorus: 223.48mg (22.35%), Fiber: 5.23g (20.92%), Magnesium: 78.61mg (19.65%), Calcium: 165.7mg (16.57%), Vitamin E: 2.45mg (16.36%), Vitamin B1: 0.23mg (15.38%), Vitamin B3: 2.93mg (14.63%), Folate: 55.13µg (13.78%), Copper: 0.25mg (12.68%), Iron: 2.07mg (11.49%), Vitamin B5: 1.05mg (10.55%), Vitamin B2: 0.15mg (9.08%), Zinc: 0.99mg (6.6%), Selenium: 4.15µg (5.92%), Vitamin D: 0.45µg (3%), Vitamin B12: 0.12µg (1.98%)