



Root Vegetable Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

Ingredients

- 1.5 pounds butternut squash peeled thinly sliced (4 cups)
- 1 bulb celery root peeled thinly sliced cut in half and (1 cup) (celeriac)
- 1 teaspoon thyme leaves fresh minced
- 0.5 teaspoon ground nutmeg
- 0.5 cup heavy cream
- 1 cup leek white washed thinly sliced well
- 0.3 cup parmesan cheese grated
- 3 cups potatoes red peeled

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

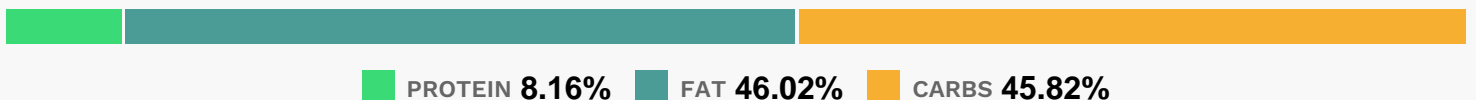
Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- mandoline

Directions

- Heat the oven to 400F.
- Spread the butter in a 13 x 9 x 2-inch baking dish.
- Add the squash, potatoes, celery root and leeks to 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 350F 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. *Time-Saving Tip: Use a Japanese mandoline to slice the potatoes to an 1/8-inch thickness.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:20.80043473451%

Flavonoids

Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 277.48kcal (13.87%), Fat: 14.99g (23.07%), Saturated Fat: 9.19g (57.45%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 28.39g (10.32%), Sugar: 6.51g (7.23%), Cholesterol: 42.29mg (14.1%), Sodium: 500.16mg (21.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin A: 12980.65IU (259.61%), Vitamin K: 54.94µg (52.33%), Vitamin C: 38.14mg (46.23%), Potassium: 954.84mg (27.28%), Manganese: 0.54mg (27.01%), Phosphorus: 239.19mg (23.92%), Vitamin B6: 0.46mg (23.24%), Fiber: 5.2g (20.82%), Magnesium: 76.94mg (19.23%), Calcium: 179.05mg (17.91%), Vitamin E: 2.54mg (16.91%), Folate: 57.14µg (14.29%), Vitamin B1: 0.21mg (14.23%), Vitamin B3: 2.64mg (13.19%), Iron: 2.25mg (12.48%), Copper: 0.23mg (11.73%), Vitamin B5: 1.04mg (10.38%), Vitamin B2: 0.16mg (9.66%), Zinc: 0.97mg (6.49%), Selenium: 4.27µg (6.1%), Vitamin D: 0.45µg (3%), Vitamin B12: 0.12µg (1.98%)