

Root Vegetable Gratin

READY IN SERVINGS

1500 min.

12

CALORIES

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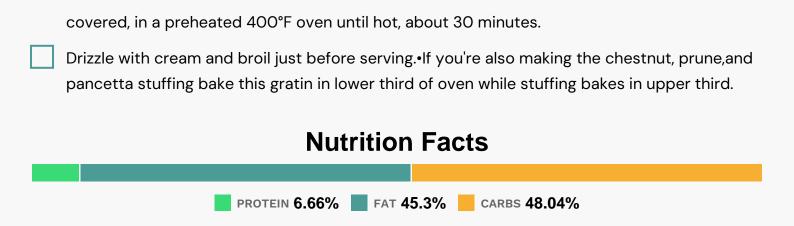
249 kcal

SIDE DISH

Ingredients

0.5 teaspoon pepper black
1 medium celery root (sometimes called celeriac;)
1 teaspoon garlic finely chopped
1.8 cups cup heavy whipping cream
0.5 cup chicken broth reduced-sodium
0.3 teaspoon nutmeg freshly grated
1 lb parsnips (4 medium)
1.5 lb baking potatoes (baking)

	2 teaspoons salt	
	1 lb sweet potatoes and into	
Equipment		
	bowl	
	oven	
	knife	
	baking pan	
	broiler	
	wax paper	
Directions		
	Put oven rack in upper third of oven and preheat oven to 400°F.	
	Peel parsnips and cut crosswise into 3-inch lengths with a knife, then cut lengthwise around core into 1/8-inch-thick slices with slicer (discard core).	
	Transfer to a large bowl.	
	Peel celery root and all potatoes (prepare russet potatoes last to avoid discoloration) and halve lengthwise, then cut crosswise into 1/8-inch-thick slices with slicer.	
	Add to parsnips along with salt, garlic, pepper, nutmeg, broth, and 13/4 cups cream, tossing to combine.	
	Transfer to gratin dish, spreading evenly.	
	Cut out a piece of parchment or wax paper to fit just inside gratin dish, then butter 1 side of parchment. Cover vegetables directly with parchment, buttered side down, then put dish in a shallow baking pan (to catch any drips).	
	Bake until gratin is bubbling all over and vegetables are tender when pierced with a knife, about 50 minutes. Discard parchment.	
	Just before serving, preheat broiler.	
	Drizzle top of gratin with remaining 2 tablespoons cream and broil 4 to 6 inches from heat until browned, 2 to 3 minutes.	
	•Gratin, without final addition of cream (2 tablespoons), can be baked (but not broiled) 6 hours ahead and cooled completely, uncovered, then chilled, loosely covered. Reheat,	



Properties

Glycemic Index:30.15, Glycemic Load:15.83, Inflammation Score:-10, Nutrition Score:15.613478313322%

Flavonoids

Apigenin: 1.31mg, Apigenin: 1.31mg, Apigenin: 1.31mg, Apigenin: 1.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.02mg, Myricetin: 0.02mg, Myr

Nutrients (% of daily need)

Calories: 248.78kcal (12.44%), Fat: 12.95g (19.92%), Saturated Fat: 8.1g (50.6%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 26.16g (9.51%), Sugar: 5.65g (6.28%), Cholesterol: 39.22mg (13.07%), Sodium: 481.54mg (20.94%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.28g (8.56%), Vitamin A: 5873.9IU (117.48%), Vitamin K: 33.67µg (32.06%), Manganese: 0.5mg (25.06%), Vitamin B6: 0.41mg (20.73%), Potassium: 711.83mg (20.34%), Fiber: 4.73g (18.93%), Vitamin C: 15.19mg (18.41%), Phosphorus: 161.76mg (16.18%), Magnesium: 47.1mg (11.78%), Folate: 43.2µg (10.8%), Copper: 0.21mg (10.51%), Vitamin B5: 0.98mg (9.82%), Vitamin B1: 0.14mg (9.65%), Vitamin B2: 0.16mg (9.52%), Vitamin B3: 1.6mg (8.01%), Calcium: 80.05mg (8%), Vitamin E: 1.18mg (7.88%), Iron: 1.39mg (7.74%), Zinc: 0.78mg (5.19%), Selenium: 2.6µg (3.71%), Vitamin D: 0.56µg (3.7%), Vitamin B12: 0.07µg (1.09%)