



Root Vegetable Gratin

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



12

CALORIES



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 1 3/4 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,

covered, in a preheated 400°F oven until hot, about 30 minutes.

Drizzle with cream and broil just before serving. •If you're also making the chestnut, prune, and pancetta stuffing bake this gratin in lower third of oven while stuffing bakes in upper third.

Nutrition Facts

PROTEIN 6.66% **FAT 45.3%** **CARBS 48.04%**

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: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

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: 0g (100%), Alcohol %: 0% (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%)