



Root Vegetable Gratin



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



363 kcal

SIDE DISH

Ingredients

- ☐ 15 oz celery root peeled halved thinly sliced
- ☐ 8 ounces fontina shredded italian-style
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 10 oz parsnips trimmed peeled thinly sliced
- ☐ 2 lbs baking potatoes peeled thinly sliced
- ☐ 1 large shallots thinly sliced

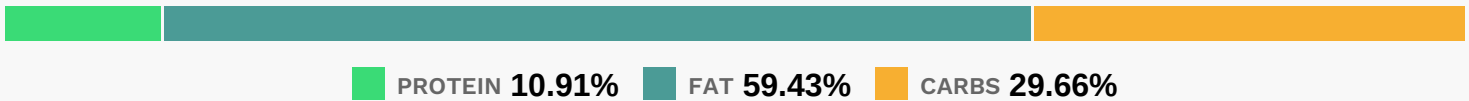
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ In a small saucepan, bring cream, salt, and nutmeg to a simmer.
- ☐ Remove from heat and set aside.
- ☐ Lay half the potatoes evenly in a shallow 2 1/2-qt. baking dish, followed by half the parsnips and all the shallot and celery root. Top with half the cheese.
- ☐ Add remaining parsnips, then remaining potatoes.
- ☐ Pour warm cream over vegetables.
- ☐ Sprinkle evenly with remaining cheese.
- ☐ Bake until bubbling, golden brown, and tender when pierced, about 1 1/4 hours.
- ☐ Let sit 10 minutes before serving.
- ☐ Make ahead: Up to 2 days; reheat at 325 until center is warm, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:16.14, Inflammation Score:-6, Nutrition Score:12.702608626822%

Flavonoids

Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 363.18kcal (18.16%), Fat: 24.56g (37.79%), Saturated Fat: 15.4g (96.25%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 24.14g (8.78%), Sugar: 4.57g (5.08%), Cholesterol: 80.1mg (26.7%), Sodium: 477.05mg

(20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Vitamin K: 27.58µg (26.27%), Phosphorus: 226.72mg (22.67%), Vitamin B6: 0.45mg (22.65%), Calcium: 197.69mg (19.77%), Potassium: 680.66mg (19.45%), Manganese: 0.38mg (19.14%), Vitamin A: 907.89IU (18.16%), Vitamin C: 13.88mg (16.83%), Fiber: 3.43g (13.74%), Vitamin B2: 0.21mg (12.11%), Magnesium: 44.81mg (11.2%), Zinc: 1.49mg (9.94%), Folate: 39.29µg (9.82%), Vitamin B1: 0.14mg (9.15%), Copper: 0.17mg (8.58%), Selenium: 5.92µg (8.46%), Vitamin B5: 0.82mg (8.19%), Iron: 1.38mg (7.67%), Vitamin B12: 0.46µg (7.62%), Vitamin B3: 1.51mg (7.53%), Vitamin E: 1.08mg (7.23%), Vitamin D: 0.9µg (5.98%)