



Root-Vegetable Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 1 large butternut squash neck squash peeled ()
- ☐ 0.3 cup heavy cream
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.8 cup panko bread crumbs
- ☐ 2 pounds rutabaga peeled halved lengthwise
- ☐ 2 sweet potatoes peeled

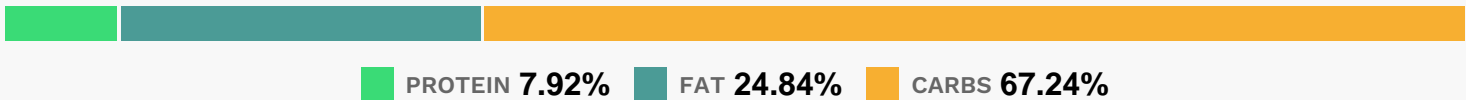
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ mandoline
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 37
- ☐ Using a mandoline, slice the potatoes and squash lengthwise 1/8 inch thick. Slice the rutabaga crosswise 1/8 inch thick.
- ☐ Spray an 8-by-12-inch glass baking dish with cooking spray. Arrange half of the potatoes in the dish, overlapping them slightly; season with salt and pepper. Top with half of the rutabaga and the squash, seasoning each layer. Repeat the layering.
- ☐ Pour the broth over and around the vegetables.
- ☐ Cover tightly with foil and bake for 1 hour, until the vegetables are almost tender when pierced.
- ☐ Remove the foil and pour the cream over the gratin.
- ☐ Bake for about 30 minutes longer, until the liquid has thickened.
- ☐ Preheat the broiler.
- ☐ Mix the panko with the oil and season with salt and pepper; sprinkle over the gratin. Broil 3 inches from the heat for 2 minutes, until golden, rotating for even browning.
- ☐ Let the gratin stand for 10 minutes, then serve.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:18.294347661993%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 205.81kcal (10.29%), Fat: 6g (9.23%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 30.11g (10.95%), Sugar: 10.07g (11.19%), Cholesterol: 8.4mg (2.8%), Sodium: 289.88mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin A: 18092.88IU (361.86%), Vitamin C: 49.44mg (59.92%), Manganese: 0.54mg (26.8%), Fiber: 6.43g (25.73%), Potassium: 897.11mg (25.63%), Vitamin B1: 0.3mg (19.72%), Vitamin B6: 0.39mg (19.34%), Magnesium: 71.77mg (17.94%), Folate: 61.66µg (15.41%), Vitamin E: 2.29mg (15.25%), Vitamin B3: 2.81mg (14.07%), Phosphorus: 135.61mg (13.56%), Calcium: 126.65mg (12.66%), Copper: 0.21mg (10.6%), Vitamin B5: 1.06mg (10.58%), Iron: 1.83mg (10.15%), Vitamin B2: 0.14mg (8.21%), Zinc: 0.7mg (4.65%), Selenium: 3.24µg (4.63%), Vitamin K: 4.58µg (4.36%)