

Rutabaga Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 cups milk 1% low-fat
- ☐ 1 cup onion vertically sliced
- ☐ 0.1 teaspoon pepper
- ☐ 30 ounce rutabagas diced drained canned

- ☐ 0.1 teaspoon salt
- ☐ 2 ounces swiss cheese shredded

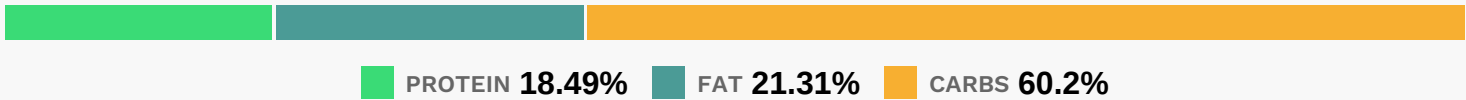
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Place a nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Add onion; saut 5 minutes or until tender. Stir in flour. Gradually add milk; cook 10 minutes or until slightly thick, stirring constantly with a whisk.
- ☐ Remove from heat; add cheese, sage, garlic powder, salt, and pepper, stirring until cheese melts. Stir in rutabagas.
- ☐ Spoon into a 1 1/2-quart shallow baking dish coated with cooking spray; sprinkle with breadcrumbs.
- ☐ Bake at 400 for 25 minutes or until golden.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:9.92, Inflammation Score:-6, Nutrition Score:12.726087020791%

Flavonoids

Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 3.03mg, Myricetin: 3.03mg, Myricetin: 3.03mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 177.28kcal (8.86%), Fat: 4.3g (6.62%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 23.19g (8.43%), Sugar: 11.74g (13.05%), Cholesterol: 12.72mg (4.24%), Sodium: 158.79mg (6.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.8%), Vitamin C: 37.41mg (45.35%), Calcium: 262.52mg (26.25%), Phosphorus: 234.24mg (23.42%), Vitamin B1: 0.29mg (19.02%), Potassium: 622.53mg (17.79%), Fiber: 4.15g (16.6%), Manganese: 0.32mg (16.03%), Vitamin B2: 0.25mg (14.87%), Folate: 53.3µg (13.32%), Vitamin B12: 0.79µg (13.1%), Selenium: 8.93µg (12.76%), Vitamin B6: 0.24mg (11.98%), Magnesium: 47.5mg (11.88%), Vitamin B3: 1.83mg (9.13%), Zinc: 1.26mg (8.43%), Iron: 1.24mg (6.87%), Vitamin B5: 0.64mg (6.42%), Vitamin D: 0.87µg (5.77%), Vitamin A: 236.71IU (4.73%), Copper: 0.09mg (4.26%), Vitamin E: 0.51mg (3.42%), Vitamin K: 1.37µg (1.3%)