



Spring Vegetable Gratin

READY IN



45 min.

SERVINGS



12

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups asparagus (2-inch) ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 ounces flour all-purpose
- ☐ 4 ounces fontina shredded divided
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1.5 cups spring onion thinly sliced
- ☐ 3 cups milk 1% low-fat
- ☐ 4 ounces parmesan fresh divided grated
- ☐ 2 cups peas green frozen thawed

- ☐ 6 ounce rice long-grain wild (such as Uncle Ben's)
- ☐ 0.5 teaspoon salt

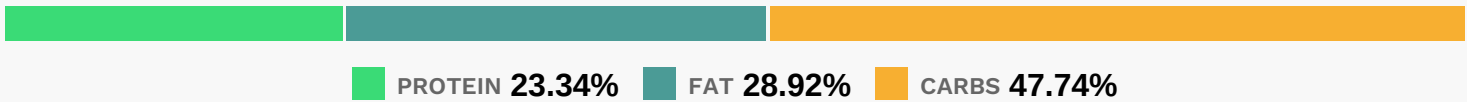
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Cook the rice according to package directions, omitting salt, fat, and seasoning packet.
- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a medium saucepan. Gradually add milk, stirring constantly with a whisk until blended. Cook over medium heat until thick (about 8 minutes), stirring constantly.
- ☐ Remove from heat.
- ☐ Add 3/4 cup fontina, 3/4 cup Parmesan, thyme, salt, and pepper; stir until cheese melts. Stir in rice, asparagus, peas, and onions. Spoon rice mixture into a 13 x 9inch baking dish coated with cooking spray.
- ☐ Sprinkle evenly with 1/4 cup fontina and 1/4 cup Parmesan.
- ☐ Bake at 400 for 18 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:31.29, Glycemic Load:10.21, Inflammation Score:-8, Nutrition Score:12.412608696067%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 193.39kcal (9.67%), Fat: 6.23g (9.59%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 20.52g (7.46%), Sugar: 5.33g (5.92%), Cholesterol: 20.34mg (6.78%), Sodium: 351.47mg (15.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.64%), Vitamin K: 43.33µg (41.27%), Calcium: 266.79mg (26.68%), Phosphorus: 224.2mg (22.42%), Manganese: 0.36mg (18.23%), Vitamin C: 14.41mg (17.47%), Vitamin A: 810.37IU (16.21%), Vitamin B2: 0.24mg (14.07%), Selenium: 9.19µg (13.13%), Vitamin B1: 0.19mg (12.39%), Folate: 47.56µg (11.89%), Fiber: 2.63g (10.53%), Vitamin B12: 0.63µg (10.53%), Zinc: 1.52mg (10.16%), Iron: 1.59mg (8.81%), Magnesium: 32.09mg (8.02%), Potassium: 279.42mg (7.98%), Vitamin B6: 0.15mg (7.55%), Copper: 0.15mg (7.44%), Vitamin B3: 1.38mg (6.9%), Vitamin B5: 0.56mg (5.65%), Vitamin D: 0.75µg (5.02%), Vitamin E: 0.47mg (3.14%)