



Squash-and-Parsnip Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 1 pound acorn squash cubed peeled
- ☐ 0.5 pound butternut squash cubed peeled
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 cups parsnips peeled chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

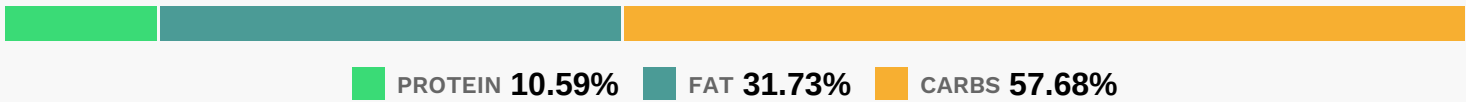
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine the first 6 ingredients in a large bowl, and stir well.
- ☐ Add squashes, parsnip, and oil, tossing to coat. Spoon squash mixture into a 2-quart casserole coated with cooking spray. Cover and bake at 325 for 1 1/2 hours.
- ☐ Sprinkle with cheese, and bake, uncovered, an additional 15 minutes.
- ☐ Garnish with oregano, if desired.
- ☐ Note: Use any combination of winter squash to equal 6 cups, if desired.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:17.002608439197%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 164.83kcal (8.24%), Fat: 6.14g (9.45%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 20.63g (7.5%), Sugar: 3.39g (3.77%), Cholesterol: 9.45mg (3.15%), Sodium: 309.23mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin A: 4604.26IU (92.09%), Vitamin K: 54.79µg (52.18%), Vitamin C: 27.14mg (32.89%), Manganese: 0.53mg (26.48%), Fiber: 4.49g (17.95%), Potassium: 597.08mg (17.06%), Vitamin B1: 0.25mg (16.46%), Folate: 65.29µg (16.32%), Calcium: 142.92mg (14.29%),

Magnesium: 56.75mg (14.19%), Phosphorus: 126.14mg (12.61%), Vitamin B6: 0.23mg (11.6%), Vitamin E: 1.65mg (11.03%), Iron: 1.62mg (9%), Vitamin B3: 1.74mg (8.68%), Vitamin B5: 0.8mg (8.04%), Selenium: 5.56µg (7.95%), Copper: 0.15mg (7.69%), Vitamin B2: 0.11mg (6.26%), Zinc: 0.88mg (5.89%), Vitamin B12: 0.12µg (2.02%)