



WHATSheATE



Squash Gratin

READY IN



65 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup breadcrumbs
- ☐ 1 small butternut squash peeled cut into 1/2-inch cubes
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon mace
- ☐ 2 ounces gruyère cheese grated
- ☐ 0.5 cup heavy cream
- ☐ 1 small kabocha squash peeled cut into 1/2-inch cubes

- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup vegetable broth low-sodium

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ microwave
- ☐ peeler
- ☐ chefs knife

Directions

- ☐ Preheat the oven to 400 degrees F. Melt 2 tablespoons butter in a large ovenproof skillet over medium-high heat.
- ☐ Add the onion and thyme and cook, stirring, until the onion softens, about 5 minutes.
- ☐ Meanwhile, combine the butternut and kabocha squash in a large microwave-safe bowl with 1 cup water. Cover with plastic wrap and microwave until the squash is just tender, about 5 minutes.
- ☐ Drain and add the squash to the skillet along with the garlic, mace, 1 teaspoon salt and a few grinds of pepper. Cook, stirring, about 3 minutes.
- ☐ Add the broth and cook until it is mostly absorbed, about 5 more minutes. Stir in the heavy cream and cook until slightly thickened, 2 minutes.
- ☐ Melt the remaining 1 tablespoon butter in the microwave and toss with the breadcrumbs, parmesan and parsley; season with salt and pepper.
- ☐ Sprinkle over the squash, then top with the gruyere.

- ☐
- Transfer the skillet to the oven and bake until golden, about 30 minutes.
- ☐
- Let rest 5 minutes before serving.
- ☐
- Cut about 1 inch off the bottom end with a chef's knife. Scoop out the seeds.
- ☐
- Hold the squash against your body and remove the skin with a vegetable peeler; chop.
- ☐
- Quarter the squash with a chef's knife, then scoop out the seeds.
- ☐
- Put each quarter flat-side down and cut off the skin with a paring knife; chop the squash.
- ☐
- Photograph by David Malosh

Nutrition Facts

PROTEIN

9.63%

FAT

47.51%

CARBS

42.86%

Properties

Glycemic Index:16.75, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:17.064347837282%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 226.55kcal (11.33%), Fat: 12.75g (19.61%), Saturated Fat: 7.76g (48.5%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 21.62g (7.86%), Sugar: 5.94g (6.6%), Cholesterol: 36.98mg (12.33%), Sodium: 305.18mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Vitamin A: 12058.01IU (241.16%), Vitamin C: 37.61mg (45.59%), Manganese: 0.45mg (22.74%), Potassium: 788.08mg (22.52%), Vitamin K: 20.02µg (19.06%), Calcium: 186.11mg (18.61%), Vitamin B6: 0.37mg (18.3%), Fiber: 4.26g (17.03%), Folate: 62.06µg (15.51%), Magnesium: 56.78mg (14.2%), Phosphorus: 129.78mg (12.98%), Vitamin E: 1.78mg (11.89%), Vitamin B1: 0.18mg (11.82%), Vitamin B3: 1.98mg (9.91%), Iron: 1.77mg (9.84%), Vitamin B2: 0.17mg (9.76%), Copper: 0.18mg (8.84%), Vitamin B5: 0.72mg (7.22%), Zinc: 0.86mg (5.72%), Selenium: 3.91µg (5.59%), Vitamin B12: 0.17µg (2.91%), Vitamin D: 0.37µg (2.44%)