



Squash Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 4 servings pepper black freshly ground
- ☐ 4 garlic clove crushed unpeeled (but)
- ☐ 1 ounce parmesan
- ☐ 1 handful pumpkin seeds dried
- ☐ 1 sprig rosemary
- ☐ 4 servings salt
- ☐ 2.3 pounds winter squash

Equipment

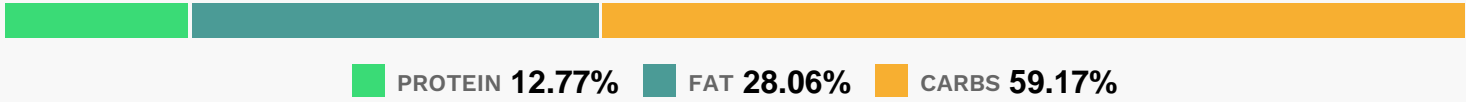
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ peeler

Directions

- ☐ Peel 2 1/4 pounds of winter squash and cut into cubes.
- ☐ Preheat the oven to 450°F.
- ☐ In a large ovenproof pot, brown 2 slices of bacon 1/8 inch thick for 5 minutes, turning them over.
- ☐ Add the cubes of squash, 4 garlic cloves (unpeeled but crushed), 1 sprig of rosemary, and a little salt.
- ☐ Cover with parchment paper and put in the oven for 30 minutes.
- ☐ Lower the oven temperature to 350°F, remove the parchment paper, and cook for an additional 30 minutes.
- ☐ In the meantime, heat a dry skillet and toast a handful of dried pumpkin seeds. Cool on paper towels, then crush.
- ☐ When the squash is cooked, take the pot out of the oven and turn on the broiler.
- ☐ Throw away the rosemary and the peel of the garlic cloves.
- ☐ Remove the slices of bacon and cut into small lardons.
- ☐ Mash the squash and garlic with a fork and add the lardons. Stir and adjust the seasoning with plenty of freshly ground black pepper.
- ☐ Sprinkle the top of the gratin with pumpkin seeds.
- ☐ With a vegetable peeler, shave 1 ounce of pecorino or Parmesan cheese into small flakes and sprinkle evenly over the gratin.

- ☐
- Put under the broiler for about 2 minutes to brown the top.
- ☐
- Serve immediately.
- ☐
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Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:20.166956632034%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.67kcal (9.73%), Fat: 6.6g (10.15%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 26.08g (9.48%), Sugar: 5.7g (6.34%), Cholesterol: 12.08mg (4.03%), Sodium: 390.92mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin A: 27183.05IU (543.66%), Vitamin C: 54.54mg (66.11%), Manganese: 0.59mg (29.66%), Potassium: 942.07mg (26.92%), Vitamin E: 3.75mg (24.97%), Magnesium: 93.65mg (23.41%), Vitamin B6: 0.47mg (23.35%), Calcium: 213.36mg (21.34%), Fiber: 5.22g (20.87%), Vitamin B1: 0.3mg (19.68%), Vitamin B3: 3.56mg (17.79%), Folate: 69.71µg (17.43%), Phosphorus: 157.07mg (15.71%), Vitamin B5: 1.13mg (11.35%), Iron: 1.98mg (11.01%), Copper: 0.2mg (10.23%), Selenium: 5.54µg (7.91%), Vitamin B2: 0.09mg (5.14%), Zinc: 0.76mg (5.09%), Vitamin K: 3.16µg (3.01%), Vitamin B12: 0.14µg (2.33%)