



Summer courgette & tomato gratin

READY IN



70 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

Ingredients

- ☐ 500 g baby potatoes unpeeled sliced
- ☐ 2 garlic clove thinly sliced
- ☐ 5 tbsp olive oil
- ☐ 9 servings thyme sprigs (or marjoram)
- ☐ 500 g burrito sized tortillas halved sliced (a mix of sizes and colours if possible)
- ☐ 500 g zucchini sliced
- ☐ 75 g gruyere cheese grated (or vegetarian alternative)
- ☐ 25 g parmesan finely grated (or vegetarian alternative)

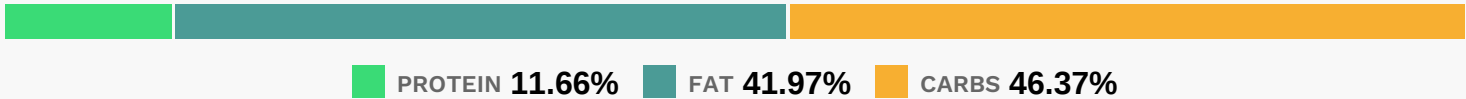
Equipment

☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Cook the potatoes in boiling salted water for 6 mins, then drain well.
- ☐ Mix the garlic with the oil and some seasoning. Strip the herb leaves from their stalks, then add to the oil.
- ☐ Drizzle a little of the oil over the base and sides of a 1.5-litre ovenproof dish.
- ☐ Layer half the potatoes, tomatoes and courgettes in the dish, drizzling with garlic and herb oil as you go.
- ☐ Mix the two cheeses and sprinkle half over the veg.
- ☐ Repeat the layers of veg and oil, drizzle over the remaining oil, then sprinkle with the rest of the cheese.
- ☐ Bake for 40–45 mins until the veg is tender and the top golden and crisp.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:36.19, Inflammation Score:-10, Nutrition Score:30.52347846394%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 761.15kcal (38.06%), Fat: 35.72g (54.95%), Saturated Fat: 10.78g (67.4%), Carbohydrates: 88.79g (29.6%), Net Carbohydrates: 80.07g (29.12%), Sugar: 8.87g (9.86%), Cholesterol: 24.88mg (8.29%), Sodium: 1172.31mg (50.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.66%), Vitamin C: 51.07mg (61.9%), Manganese: 1.1mg (54.91%), Phosphorus: 537.74mg (53.77%), Vitamin B1: 0.8mg (53.52%), Calcium: 492.88mg

(49.29%), Selenium: 32.84µg (46.91%), Folate: 170.87µg (42.72%), Vitamin B3: 7.49mg (37.47%), Iron: 6.57mg (36.52%), Vitamin B2: 0.6mg (35.02%), Fiber: 8.72g (34.89%), Vitamin B6: 0.69mg (34.68%), Potassium: 1049.58mg (29.99%), Vitamin K: 27.92µg (26.59%), Magnesium: 92.22mg (23.06%), Vitamin E: 2.75mg (18.33%), Copper: 0.36mg (17.81%), Zinc: 2.39mg (15.91%), Vitamin A: 586.09IU (11.72%), Vitamin B5: 0.98mg (9.82%), Vitamin B12: 0.38µg (6.25%)