

# **Sunchoke Gratin**







SIDE DISH

## Ingredients

U.3 cup walnuts black chopped
1 cup bread crumbs fresh
2 tablespoon butter melted plus more for baking dish)
0.5 cup green lentils dried
2 clove garlic minced ()
1 cup heavy cream
1.5 ounce jarlsberg cheese grated ()
1 pinch kosher salt boiling as needed plus more for and seasoning)
1 teaspoon lemon zest finely grated

	1.5 pound sunchokes (also called Jerusalem artichokes)	
Equipment		
	bowl	
	baking sheet	
	paper towels	
	sauce pan	
	oven	
	pot	
	baking pan	
Directions		
	Preheat the oven to 350 degrees F.In a medium saucepan cover the lentils with about 1-inch water and bring to a boil. Cover partially and cook over low heat for 10 minutes, stirring occasionally.	
	Add a pinch of salt and cook until barely tender, about 5 minutes longer.	
	Drain the lentils and spread them on a large baking sheet to cool quickly.	
	Spread the black walnuts on a baking sheet and roast for 10 minutes, or until lightly toasted.	
	Transfer the black walnuts to a paper towel and let cool.Bring a large pot of salted water to a boil. Meanwhile, slice the Jerusalem artichokes crosswise 1/8 inch thick.	
	Add them to the boiling salted water to cook the slices until tender-crisp, about 5 minutes.	
	Drain thoroughly and transfer to a large bowl.	
	Add the cooked lentils, walnuts, cream, cheese, lemon zest and garlic, season with salt and pepper; toss gently. Butter the bottom and sides of a 5 or 6 cup oval baking dish or equivalent.	
	Transfer the Jerusalem artichoke mixture and all its liquid to the buttered dish.In a medium bowl, toss the breadcrumbs with the melted butter and scatter over the gratin.	
	Bake for 30 minutes, or until the gratin is bubbling and golden brown.	
	Let stand at room temperature for 15 minutes, then sprinkle with the parsley and serve.Like this:Like Loading	

### **Nutrition Facts**

PROTEIN 11.64% FAT 48.81% CARBS 39.55%

#### **Properties**

Glycemic Index:34.15, Glycemic Load:10.51, Inflammation Score:-8, Nutrition Score:24.378695684931%

#### **Flavonoids**

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Gallocatechin: 0.03mg, Galloc

#### **Nutrients** (% of daily need)

Calories: 656.73kcal (32.84%), Fat: 36.51g (56.18%), Saturated Fat: 19.81g (123.8%), Carbohydrates: 66.56g (22.19%), Net Carbohydrates: 54.69g (19.89%), Sugar: 20.35g (22.62%), Cholesterol: 89.88mg (29.96%), Sodium: 345.43mg (15.02%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 19.59g (39.18%), Vitamin B1: 0.83mg (55.39%), Iron: 9.23mg (51.28%), Manganese: 1mg (49.97%), Fiber: 11.87g (47.49%), Folate: 171.08µg (42.77%), Phosphorus: 364.09mg (36.41%), Potassium: 1117.72mg (31.93%), Copper: 0.55mg (27.46%), Vitamin B3: 4.72mg (23.59%), Vitamin A: 1172.41IU (23.45%), Vitamin B2: 0.39mg (22.82%), Magnesium: 90.26mg (22.57%), Calcium: 211.68mg (21.17%), Selenium: 13.39µg (19.12%), Vitamin B6: 0.38mg (18.96%), Vitamin B5: 1.64mg (16.38%), Zinc: 2.17mg (14.49%), Vitamin C: 9.46mg (11.47%), Vitamin E: 1.32mg (8.77%), Vitamin D: 0.95µg (6.35%), Vitamin K: 5.78µg (5.51%), Vitamin B12: 0.2µg (3.36%)