



Sunchoke Gratin with Jarlsberg, Lentils & Black Walnuts

READY IN



50 min.

SERVINGS



4

CALORIES



657 kcal

SIDE DISH

Ingredients

- ☐ 0.3 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)

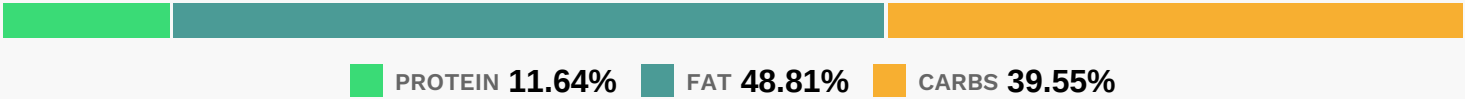
Equipment

- ☐ 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.

Nutrition Facts



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, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

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 %: 0% (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%)