



Swede dauphinoise

READY IN



140 min.

SERVINGS



4

CALORIES



493 kcal

SIDE DISH

Ingredients

- ☐ 50 g anchovy in oil canned
- ☐ 2 tbsp the oil from the anchovies
- ☐ 1 onion thinly sliced
- ☐ 1 large sprig thyme leaves leaves picked
- ☐ 2 large swede
- ☐ 300 ml pot double cream
- ☐ 3 tbsp breadcrumb fresh
- ☐ 2 tbsp parmesan grated

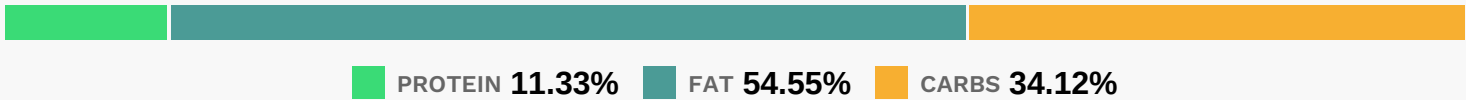
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Drain the anchovies but reserve 2 tbsp of the oil and heat it in a frying pan, then cook the onion for 10 mins until softened. Chop the anchovies and half the thyme, and stir them through the onion.
- ☐ Peel the swedes, then quarter and slice. In a large bowl, toss the swedes with the onion, two-thirds of the cream and some cracked black pepper. Tip the swedes into a baking dish, cover with foil and bake for 30 mins.
- ☐ Remove the dish from the oven, remove the foil, press down with a fish slice, then drizzle with the rest of the cream. Scatter over the breadcrumbs and Parmesan, then bake for about 1 hr more, until golden and the swedes are tender. Scatter with the remaining thyme.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:18.17, Inflammation Score:-9, Nutrition Score:25.702173606209%

Flavonoids

Apigenin: 14.87mg, Apigenin: 14.87mg, Apigenin: 14.87mg, Apigenin: 14.87mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 8.23mg, Myricetin: 8.23mg, Myricetin: 8.23mg, Myricetin: 8.23mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 493.07kcal (24.65%), Fat: 30.92g (47.57%), Saturated Fat: 18.42g (115.13%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 33.81g (12.29%), Sugar: 21.07g (23.41%), Cholesterol: 104.38mg (34.79%), Sodium: 915.11mg (39.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.89%), Vitamin C: 99.39mg (120.47%), Potassium: 1419.17mg (40.55%), Fiber: 9.72g (38.87%), Vitamin B3: 7.37mg (36.85%), Phosphorus: 337.96mg (33.8%), Manganese: 0.64mg (31.81%), Calcium: 314mg (31.4%), Vitamin B1: 0.46mg (30.98%), Selenium: 21.52µg (30.74%), Magnesium: 104.1mg (26.03%), Folate: 100.28µg (25.07%), Vitamin B6: 0.5mg (24.96%), Vitamin B2: 0.42mg (24.58%), Vitamin A: 1156.95IU (23.14%), Iron: 3.21mg (17.82%), Vitamin E: 2.55mg (17.01%), Zinc: 1.84mg (12.24%), Copper: 0.23mg (11.67%), Vitamin B5: 1.08mg (10.84%), Vitamin D: 1.57µg (10.45%), Vitamin K: 6.7µg (6.38%), Vitamin B12: 0.36µg (5.96%)