



Turnip and Sweet Potato Gratin

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

Ingredients

- 1.5 pounds turnip peeled cut into ¼-inch-thick rounds (3 medium)
- 1 serving coarse mustard
- 0.3 cup flour all-purpose
- 1 pound sweet potatoes and into peeled cut into ¼-inch-thick rounds (2 medium)
- 2 tablespoons butter unsalted cut into pieces
- 0.8 cup vegetable broth low-sodium
- 0.3 cup sauvignon blanc white wine dry white such as sauvignon blanc
- 4 ounces gruyere cheese grated

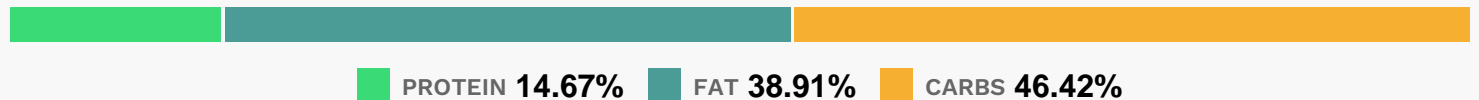
Equipment

- oven
- knife
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees. In an 8-inch square baking dish, arrange a single layer of turnips and sweet potatoes, overlapping slightly. Season with salt and pepper and sprinkle with one-third of the flour. Repeat to make 3 more layers, sprinkling with salt, pepper, and flour between layers. Dot top layer with butter, then slowly pour broth and wine into dish, keeping layers intact. Cover with foil and bake until vegetables are tender when pierced with a knife, 45 minutes.
- Increase oven temperature to 425 degrees.
- Remove foil and sprinkle cheese over dish.
- Bake until cheese is golden and bubbling, 12 to 15 minutes.
- Let gratin sit 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:10.66, Inflammation Score:-10, Nutrition Score:12.233913009581%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 178.19kcal (8.91%), Fat: 7.59g (11.68%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 16.92g (6.15%), Sugar: 5.77g (6.41%), Cholesterol: 23.12mg (7.71%), Sodium: 196.71mg (8.55%),

Alcohol: 0.77g (100%), Protein: 6.44g (12.88%), Vitamin A: 8266.18IU (165.32%), Vitamin C: 19.22mg (23.3%), Calcium: 187.51mg (18.75%), Manganese: 0.29mg (14.6%), Phosphorus: 141.1mg (14.11%), Fiber: 3.46g (13.83%), Potassium: 370.96mg (10.6%), Vitamin B6: 0.21mg (10.44%), Copper: 0.17mg (8.45%), Vitamin B1: 0.12mg (7.92%), Magnesium: 29.86mg (7.47%), Vitamin B5: 0.73mg (7.26%), Vitamin B2: 0.12mg (7.09%), Folate: 27.71µg (6.93%), Zinc: 0.99mg (6.58%), Selenium: 4.56µg (6.52%), Iron: 0.82mg (4.54%), Vitamin B3: 0.91mg (4.53%), Vitamin B12: 0.23µg (3.88%), Vitamin E: 0.3mg (1.99%), Vitamin K: 1.75µg (1.67%)