



## Turnip Gratin

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

## Ingredients

- 0.1 teaspoon ground pepper
- 0.5 tablespoon savoury chopped
- 1 cup cup heavy whipping cream
- 1.5 teaspoons kosher salt
- 1 cup parmesan grated (use a Microplane)
- 1 tablespoon thyme leaves chopped
- 2.5 pounds turnip trimmed unpeeled
- 2 tablespoons butter unsalted

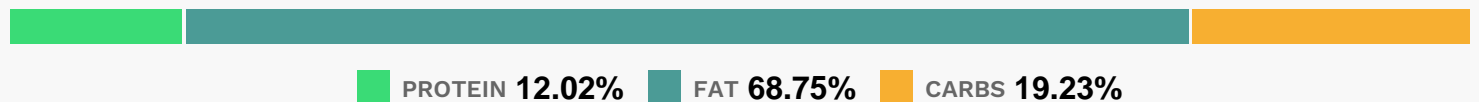
## Equipment

- frying pan
- paper towels
- oven

## Directions

- Preheat oven to 450°F with rack in middle.
- Melt butter in an ovenproof 12-inch heavy skillet, then cool.
- Slice turnips paper-thin with slicer, then arrange one third of slices, overlapping tightly, in skillet, keeping remaining slices covered with dampened paper towels.
- Sprinkle with about a third of thyme, savory, kosher salt, and cayenne. Make 2 more layers.
- Cook, covered, over medium heat until underside is browned, about 10 minutes.
- Add cream and cook, covered, until center is tender, 20 to 25 minutes.
- Sprinkle evenly with cheese, then bake, uncovered, until golden and bubbling, 10 to 15 minutes.
- Let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:6.59, Inflammation Score:-9, Nutrition Score:11.274347709573%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

## Nutrients (% of daily need)

Calories: 288.34kcal (14.42%), Fat: 22.64g (34.82%), Saturated Fat: 14.29g (89.3%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 10.59g (3.85%), Sugar: 8.48g (9.42%), Cholesterol: 66.19mg (22.06%), Sodium: 986.38mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Vitamin C: 41.91mg (50.8%), Calcium: 290.03mg (29%), Phosphorus: 192.41mg (19.24%), Vitamin A: 911.2IU (18.22%), Fiber: 3.65g (14.61%), Manganese: 0.29mg (14.49%), Potassium: 424.94mg (12.14%), Vitamin B2: 0.19mg (11.42%), Vitamin B6: 0.21mg (10.37%),

Selenium: 6.32µg (9.03%), Copper: 0.18mg (8.98%), Magnesium: 33.57mg (8.39%), Folate: 31.81µg (7.95%), Zinc: 1.1mg (7.33%), Vitamin B1: 0.09mg (6.1%), Iron: 1.02mg (5.66%), Vitamin B5: 0.56mg (5.65%), Vitamin D: 0.79µg (5.25%), Vitamin B12: 0.27µg (4.52%), Vitamin B3: 0.86mg (4.3%), Vitamin E: 0.58mg (3.86%), Vitamin K: 2.1µg (2%)