



Turnip Gratin

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 2 medium young turnips peeled sliced thin ()
- ☐ 4 servings olive oil extra virgin
- ☐ 3 slices bread white (enough to make two single layers in the pan)
- ☐ 4 ounces gruyère cheese
- ☐ 4 servings salt and pepper

Equipment

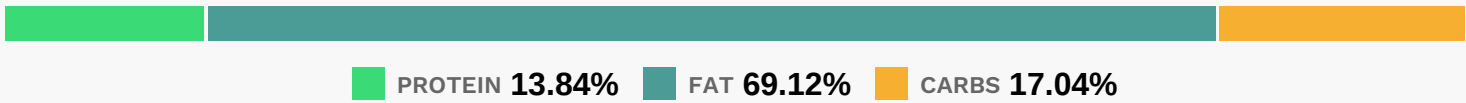
- ☐ frying pan
- ☐ oven

☐ casserole dish

Directions

- ☐ Blanch raw turnip slices: Preheat oven to 325°F. Blanch the raw turnip slices in salted boiling water for 3 minutes.
- ☐ Remove from water and drain.
- ☐ Layer bread, turnip slices, onions, cheese in casserole dish: Coat the inside of the casserole dish with olive oil.
- ☐ Place a layer of bread on the bottom of the casserole dish.
- ☐ Layer on half of the turnip slices in a single layer, season with salt and pepper.
- ☐ Layer on all of the onions.
- ☐ Sprinkle with half of the cheese.
- ☐ Add another layer of bread, turnips, and cheese.
- ☐ Sprinkle again with salt and pepper.
- ☐ Place casserole on top rack of oven.
- ☐ Bake at 325°F for 25 minutes. For the last few minutes, if you want, and you are using a pan (metal or ceramic) that can safely handle broiling temperatures, broil for a couple minutes to brown the top.
- ☐ Remove from oven and let cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:8.64, Inflammation Score:-4, Nutrition Score:8.9626086950302%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 308.55kcal (15.43%), Fat: 23.89g (36.76%), Saturated Fat: 7.45g (46.57%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.72g (4.26%), Sugar: 3.42g (3.8%), Cholesterol: 31.18mg (10.39%), Sodium: 526.79mg (22.9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.53%), Calcium: 344.45mg (34.45%), Phosphorus: 209.17mg (20.92%), Vitamin C: 12.81mg (15.53%), Vitamin E: 2.15mg (14.37%), Selenium: 8.89µg (12.7%), Manganese: 0.2mg (9.9%), Zinc: 1.44mg (9.57%), Vitamin B1: 0.14mg (9.1%), Vitamin K: 9.29µg (8.85%), Vitamin B2: 0.14mg (8.38%), Folate: 32.8µg (8.2%), Vitamin B12: 0.45µg (7.56%), Fiber: 1.53g (6.12%), Vitamin B3: 1.17mg (5.83%), Magnesium: 21.98mg (5.5%), Vitamin A: 268.94IU (5.38%), Iron: 0.94mg (5.23%), Vitamin B6: 0.1mg (4.76%), Potassium: 161.59mg (4.62%), Copper: 0.08mg (4.22%), Vitamin B5: 0.38mg (3.82%), Vitamin D: 0.17µg (1.13%)