



Turnip, potato & mustard gratin



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



463 kcal

SIDE DISH

Ingredients

- ☐ 450 ml milk
- ☐ 6 turnip sliced
- ☐ 6 large potatoes sliced
- ☐ 8 servings butter for greasing
- ☐ 1 garlic clove halved
- ☐ 350 ml double cream
- ☐ 3 tbsp dijon mustard

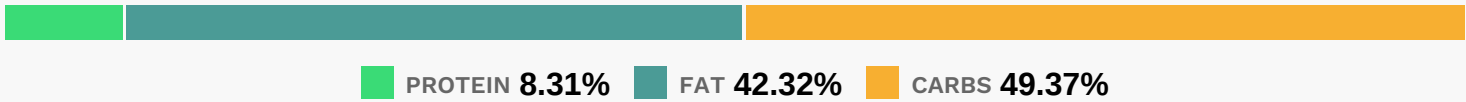
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Fill a saucepan with 500ml water, the milk, a good pinch of salt and a grinding of black pepper, then bring to the boil.
- ☐ Add the turnips and potatoes and cook for 2 mins. Strain, drain well and pat dry.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter a baking dish and rub the sides with garlic to just add a hint of flavour.
- ☐ Mix the cream and mustard in a large bowl, add the potatoes and turnip, mix until well coated and season really well.
- ☐ Layer into the baking dish, flattening the top level. Can be assembled and chilled a day ahead.
- ☐ Bake for 30–40 mins or until golden brown and the turnip and potato are cooked through check with the point of a sharp knife.

Nutrition Facts



Properties

Glycemic Index:38.34, Glycemic Load:39.57, Inflammation Score:-8, Nutrition Score:21.117391358251%

Flavonoids

Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 463kcal (23.15%), Fat: 22.33g (34.36%), Saturated Fat: 13.87g (86.68%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 50.63g (18.41%), Sugar: 9.8g (10.89%), Cholesterol: 67.44mg (22.48%), Sodium: 205.93mg (8.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Vitamin C: 74.14mg (89.86%), Vitamin

B6: 0.96mg (47.91%), Potassium: 1479.85mg (42.28%), Fiber: 7.99g (31.94%), Manganese: 0.58mg (28.93%), Phosphorus: 274.42mg (27.44%), Magnesium: 86.65mg (21.66%), Vitamin B1: 0.31mg (20.73%), Copper: 0.39mg (19.37%), Vitamin A: 875.46IU (17.51%), Vitamin B3: 3.41mg (17.04%), Vitamin B2: 0.28mg (16.74%), Calcium: 166.48mg (16.65%), Folate: 60.32µg (15.08%), Iron: 2.57mg (14.3%), Vitamin B5: 1.36mg (13.55%), Zinc: 1.44mg (9.59%), Vitamin D: 1.34µg (8.95%), Selenium: 5.91µg (8.44%), Vitamin K: 7.37µg (7.02%), Vitamin B12: 0.39µg (6.54%), Vitamin E: 0.63mg (4.17%)