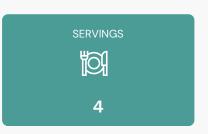


Zucchini Gratin

Gluten Free







SIDE DISH

Ingredients

Ш	0.1 teaspoon nutmeg
	100 grams cheese shredded
	0.5 cup cup heavy whipping cream
	2 teaspoons potato flour
	600 grams zucchini sliced into 1/8

1 teaspoons frangelico

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Equipment

	bowl	
	oven	
	colander	
Directions		
	put the zucchini in a colander, the sprinkle on the salt. Toss to coat evenly with salt and leave the zucchini in the colander set over a bowl for one hour. The salt not only seasons the zucchini it draws out extra water, preventing your gratin from getting soggy.	
	Add the Gruyere, potato starch and ground nutmeg to a bowl and toss to combine evenly. Preheat the oven to 350 degrees F (175 C). Use your hands to squeeze out the excess water from the zucchini, then arrange 1/3 of them in a single layer in an oven safe dish with high sides. Cover with 1/3 of the cheese. Do two more alternating layers of zucchini and cheese, then pour the cream evenly over everything.	
	Place the gratin in the oven and bake until the zucchini is soft and the cheese on top has browned.	
	Nutrition Facts	
	PROTEIN 15.59% FAT 71.37% CARBS 13.04%	

Properties

Glycemic Index:28, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:9.9478260434192%

Flavonoids

Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 205.55kcal (10.28%), Fat: 16.83g (25.9%), Saturated Fat: 10.27g (64.21%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 5.35g (1.94%), Sugar: 4.93g (5.48%), Cholesterol: 53.37mg (17.79%), Sodium: 177.34mg (7.71%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.28g (16.55%), Vitamin C: 27.07mg (32.81%), Vitamin A: 906.39IU (18.13%), Calcium: 170.65mg (17.07%), Phosphorus: 164.57mg (16.46%), Vitamin B2: 0.27mg (15.78%), Manganese: 0.28mg (13.91%), Vitamin B6: 0.27mg (13.6%), Potassium: 448.99mg (12.83%), Vitamin B12: 0.62µg (10.29%), Folate: 39.24µg (9.81%), Magnesium: 34.85mg (8.71%), Zinc: 1.29mg (8.59%), Selenium: 5.45µg (7.79%), Vitamin K: 7.98µg (7.6%), Fiber: 1.57g (6.29%), Vitamin B1: 0.08mg (5.56%), Copper: 0.09mg (4.41%), Vitamin B5: 0.42mg (4.22%), Iron: 0.71mg (3.95%), Vitamin D: 0.58µg (3.84%), Vitamin B3: 0.76mg (3.79%), Vitamin E: 0.5mg (3.36%)