



Zucchini Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 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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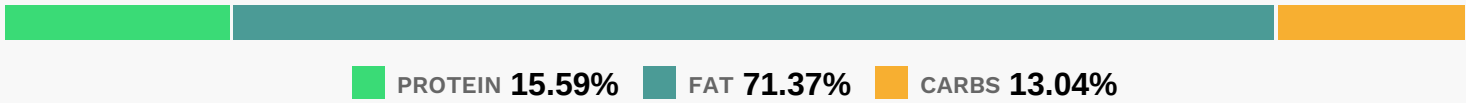
Equipment

- ☐ 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



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, 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 %: 0% (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%)