



Beet Green Gratin

READY IN



75 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bunches of kale cleaned
- ☐ 1 tablespoon butter
- ☐ 0.8 cup round buttery crackers crumbled (recommended: Ritz crackers)
- ☐ 4 egg yolks beaten
- ☐ 2 cloves garlic minced
- ☐ 8 servings kosher salt and ground pepper fresh black
- ☐ 12 ounces mushrooms sliced
- ☐ 0.5 cup parmesan grated
- ☐ 1 cups ricotta

☐ 0.5 teaspoon salt

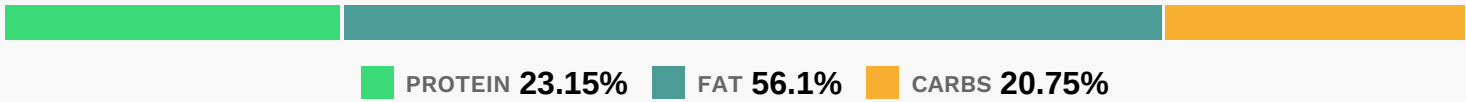
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Melt the butter in a saucepan.
- ☐ Add the mushrooms and garlic and sweat.
- ☐ Add the beet greens and mix well.
- ☐ Remove pan from heat. Season with salt and pepper.
- ☐ In a separate bowl, combine the egg yolks, ricotta, Parmesan cheese, and salt.
- ☐ Combine everything and put into a lightly oiled 9 by 11-inch baking dish. Top with the crumbled crackers and bake for 30 minutes covered. Uncover and bake for an additional 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:19.66695659057%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.59kcal (8.53%), Fat: 10.97g (16.88%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 6.46g (2.35%), Sugar: 1.78g (1.97%), Cholesterol: 121.02mg (40.34%), Sodium: 660.88mg (28.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.37%), Vitamin K: 230.25µg (219.29%), Vitamin A: 3947.12IU (78.94%), Vitamin B2: 0.44mg (25.93%), Calcium: 228.04mg (22.8%), Selenium: 15.79µg (22.56%), Vitamin C: 18.14mg (21.98%), Phosphorus: 204.2mg (20.42%), Potassium: 625.58mg (17.87%), Manganese: 0.29mg (14.68%), Copper: 0.27mg (13.42%), Iron: 2.35mg (13.07%), Magnesium: 51.43mg (12.86%), Vitamin B5: 1.17mg (11.69%), Fiber: 2.67g (10.67%), Vitamin B3: 2.09mg (10.47%), Vitamin B1: 0.14mg (9.33%), Folate: 37.16µg (9.29%), Vitamin E: 1.37mg (9.15%), Vitamin B6: 0.17mg (8.38%), Zinc: 1.22mg (8.14%), Vitamin B12: 0.38µg (6.26%), Vitamin D: 0.66µg (4.43%)