



Brown-Butter Creamed Winter Greens

READY IN



60 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces bacon cut into 1/4-inch-thick slices, then cut crosswise into 1/4-inch sticks (lardons)
- ☐ 6 peppercorns black
- ☐ 1 tablespoon apple cider vinegar to taste
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 3.5 pounds the salad mixed
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon pepper dried hot

- ☐ 2 tablespoons shallots minced
- ☐ 1 bay leaves
- ☐ 0.8 stick butter unsalted divided
- ☐ 2 cups milk whole

Equipment

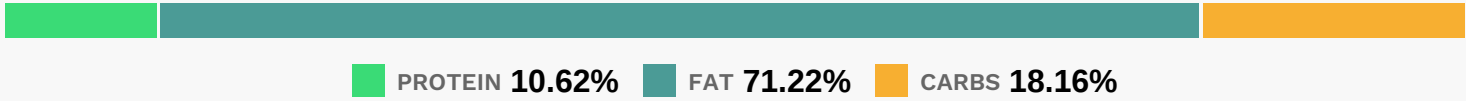
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Melt 2 tablespoons butter in a heavy medium saucepan over medium heat, then add flour and cook, stirring, 1 minute.
- ☐ Add milk in a stream, whisking, then add shallot, bay leaf, and peppercorns and bring to a boil, whisking. Simmer, whisking occasionally, 5 minutes. Strain béchamel sauce through a fine-mesh sieve into a bowl, discarding solids, and cover surface with parchment paper.
- ☐ Discard stems and center ribs from greens, then coarsely chop leaves.
- ☐ Cook lardons in a wide 6- to 8-quart heavy pot over medium heat, stirring occasionally, until golden-brown but not crisp, about 8 minutes.
- ☐ Transfer to paper towels to drain, then pour off fat from pot and wipe clean.
- ☐ Heat remaining 1/2 stick butter in pot over medium-low heat until browned and fragrant, about 2 minutes, then cook onion, stirring, until softened, about 3 minutes.
- ☐ Increase heat to medium-high, then stir in greens, 1 handful at a time, letting each handful wilt before adding next.
- ☐ Add béchamel, cream, garlic, red-pepper flakes, 3/4 teaspoon salt, and 1/2 teaspoon pepper and boil, uncovered, stirring, until sauce coats greens and greens are tender, about 10 minutes.

- ☐
- Stir in lardons, vinegar, and salt and pepper to taste.
- ☐
- Béchamel sauce can be made 1 day ahead and chilled, its surface covered with parchment.
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- Stir before using.·Greens can be chopped 1 day ahead and chilled in a large sealed bag.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:19.101739147435%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 403.49kcal (20.17%), Fat: 32.77g (50.41%), Saturated Fat: 17.15g (107.2%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 18.01g (6.55%), Sugar: 5.94g (6.6%), Cholesterol: 81.25mg (27.08%), Sodium: 301.59mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Vitamin A: 3893.76IU (77.88%), Vitamin C: 64.07mg (77.66%), Folate: 110.06µg (27.52%), Phosphorus: 256.4mg (25.64%), Manganese: 0.5mg (25%), Potassium: 721.96mg (20.63%), Vitamin B6: 0.41mg (20.43%), Vitamin B2: 0.33mg (19.66%), Calcium: 163.74mg (16.37%), Vitamin B1: 0.24mg (16.31%), Selenium: 10.28µg (14.68%), Vitamin B3: 2.93mg (14.66%), Magnesium: 48.92mg (12.23%), Iron: 2.11mg (11.75%), Vitamin B12: 0.64µg (10.61%), Vitamin D: 1.54µg (10.25%), Zinc: 1.39mg (9.26%), Vitamin B5: 0.91mg (9.08%), Copper: 0.17mg (8.72%), Vitamin E: 0.81mg (5.4%), Fiber: 0.79g (3.18%), Vitamin K: 2.54µg (2.42%)