



Canadian Bacon, Potato, and Swiss-Chard Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes peeled cut into approximately 1/8-inch slices 2
- ☐ 2 tablespoons butter
- ☐ 0.5 pound canadian bacon sliced
- ☐ 0.7 cup chicken broth low-sodium homemade canned
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1.5 cups gruyere cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound swiss chard

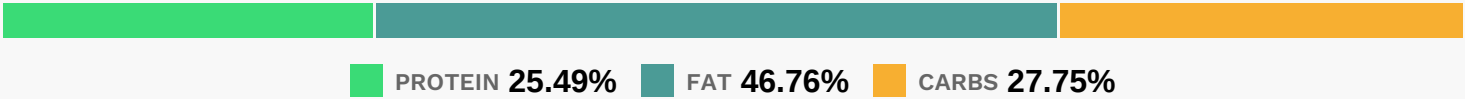
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 42
- ☐ In a medium frying pan, melt 1 tablespoon of the butter over moderately low heat.
- ☐ Add the Swiss chard and cook until starting to wilt, about 1 minute. Stir in the garlic and 1/8 teaspoon each salt and pepper. Cook until no liquid remains in the pan, about 2 minutes.
- ☐ Butter an 8-by-8-inch baking pan or similarly sized gratin dish.
- ☐ Layer one third of the potatoes in the dish and top with 1/8 teaspoon each salt and pepper, a third of the cheese, and half the Canadian bacon.
- ☐ Spread the Swiss chard in a single layer. Top with half the remaining potatoes and sprinkle with 1/8 teaspoon each salt and pepper.
- ☐ Spread half the remaining cheese and the remaining Canadian bacon over the potatoes.
- ☐ Add the remaining potatoes to the dish, sprinkle with the remaining 1/8 teaspoon each of salt and pepper, and top with the remaining cheese and 1 tablespoon butter.
- ☐ Pour the chicken broth over all.
- ☐ Cover the gratin with aluminum foil and bake for 15 minutes.
- ☐ Remove the foil and continue baking until the potatoes are tender and the top is golden brown, about 30 minutes longer.
- ☐ Let stand 2 to 3 minutes before cutting.
- ☐ Wine Recommendation: Merlot would be a marvelous choice to accompany this hearty dish. The wine has a fair amount of tannin, but that's easily handled by the bacon and cheese, which will accentuate the merlot's plummy flavor, too.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:24.67, Inflammation Score:-10, Nutrition Score:31.500869626584%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 496.83kcal (24.84%), Fat: 26.11g (40.18%), Saturated Fat: 14.35g (89.68%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 31.67g (11.52%), Sugar: 1.92g (2.13%), Cholesterol: 97.85mg (32.62%), Sodium: 1342.94mg (58.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.03g (64.07%), Vitamin K: 475.91µg (453.25%), Vitamin A: 4115.04IU (82.3%), Phosphorus: 571.91mg (57.19%), Calcium: 561.41mg (56.14%), Vitamin B6: 0.92mg (45.92%), Vitamin B1: 0.62mg (41.32%), Potassium: 1201.23mg (34.32%), Vitamin C: 26.94mg (32.65%), Selenium: 22.73µg (32.47%), Vitamin B3: 6.12mg (30.61%), Magnesium: 113.66mg (28.42%), Manganese: 0.54mg (27.06%), Zinc: 3.47mg (23.16%), Vitamin B2: 0.36mg (21.07%), Vitamin B12: 1.22µg (20.39%), Copper: 0.34mg (17.19%), Iron: 3.08mg (17.09%), Fiber: 3.2g (12.79%), Vitamin D: 1.88µg (12.56%), Vitamin B5: 1.2mg (11.98%), Vitamin E: 1.51mg (10.08%), Folate: 39.24µg (9.81%)