



Cheesy chard gratin

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch swiss chard
- ☐ 150 ml double cream
- ☐ 1 tbsp coarse mustard gluten-free (or alternative)
- ☐ 140 g gruyere cheese grated
- ☐ 4 servings butter for greasing
- ☐ 2 tbsp parmesan finely grated (or vegetarian alternative)

Equipment

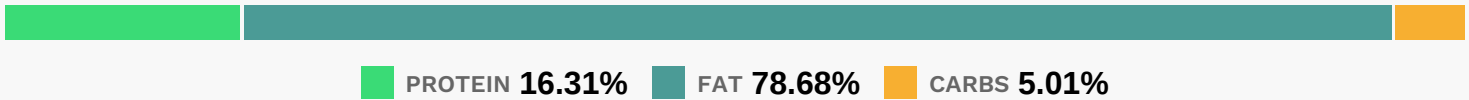
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Strip the chard leaves from the stalks, then cut the stalks into sticks. Bring a pan of water to the boil and cook the stalks for 3–4 mins until starting to soften. Then throw in the leaves for a few moments too so that they just wilt.
- ☐ Drain well.
- ☐ Mix the cream with the mustard, then toss through the chard with most of the gruyere. Grease a medium gratin dish, spread the chard mix over, then scatter with the remaining gruyere and the parmesan.
- ☐ Bake for 30 mins until bubbling and golden.
- ☐ Serve straight from the dish.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:19.918260802393%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 335kcal (16.75%), Fat: 29.9g (46%), Saturated Fat: 18.3g (114.4%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 2.92g (1.06%), Sugar: 2.13g (2.37%), Cholesterol: 93.58mg (31.19%), Sodium: 533.29mg (23.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Vitamin K: 625.1µg (595.33%), Vitamin A: 5620.48IU (112.41%), Calcium: 449.81mg (44.98%), Phosphorus: 290.73mg (29.07%), Vitamin C: 22.74mg (27.57%), Magnesium: 78.99mg (19.75%), Manganese: 0.3mg (14.85%), Vitamin B2: 0.25mg (14.62%), Vitamin E: 2mg (13.31%), Selenium: 8.77µg (12.53%), Zinc: 1.82mg (12.15%), Vitamin B12: 0.66µg (10.98%), Potassium: 357.56mg (10.22%), Iron: 1.53mg (8.49%), Copper: 0.15mg (7.66%), Vitamin B6: 0.12mg (6.04%), Vitamin D: 0.83µg (5.51%), Fiber: 1.36g (5.45%), Vitamin B5: 0.45mg (4.5%), Vitamin B1: 0.07mg (4.46%), Folate: 16.1µg (4.02%), Vitamin B3: 0.39mg (1.96%)