



Collard Green Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coarse salt fresh
- ☐ 1 pound collard greens
- ☐ 4 ounces country ham very thinly sliced
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 8 servings pepper freshly ground
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 4 tablespoons olive oil divided

- ☐ 1 large onion thinly sliced
- ☐ 1 cup parmesan divided finely grated
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups milk whole

Equipment

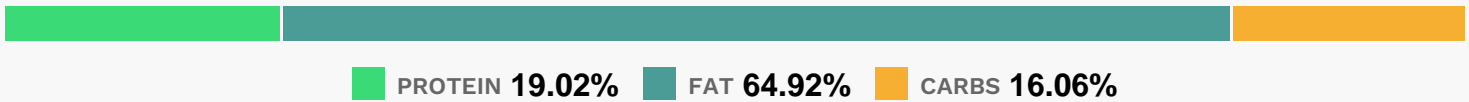
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ pie form

Directions

- ☐ Preheat oven to 325°F.
- ☐ Place ham on a parchment-lined baking sheet and bake until crisp, 20–25 minutes; let cool and break into pieces.
- ☐ Combine breadcrumbs and 2 tablespoons oil in a medium skillet; toast over medium heat, tossing occasionally, until golden brown and crisp, 10–15 minutes.
- ☐ Remove from heat and add thyme and 1/4 cup Parmesan; season with salt and pepper.
- ☐ Mix in ham and set aside.
- ☐ Cook collard greens in a large pot of boiling salted water until tender and bright green, about 4 minutes.
- ☐ Drain, transfer to a bowl of ice water, and let cool.
- ☐ Drain and squeeze dry with paper towels. Coarsely chop greens and place in a large bowl.
- ☐ Heat remaining 2 tablespoons oil in a medium saucepan over medium heat.

- ☐ Add onion and garlic and cook, stirring often, until softened and golden, 15–20 minutes.
- ☐ Transfer to bowl with greens; set aside. Reserve saucepan.
- ☐ Increase oven temperature to 400°F. Melt butter in reserved saucepan over medium heat.
- ☐ Add flour and cook, whisking constantly, until mixture is smooth and very pale brown, about 4 minutes. Gradually whisk in milk, 1/2-cupful at a time; add nutmeg. Bring to a boil, reduce heat, and simmer, whisking often, until thickened, 5–8 minutes.
- ☐ Whisk in remaining 3/4 cup Parmesan.
- ☐ Add béchamel to collard greens mixture and mix to combine; season with salt and pepper.
- ☐ Transfer collard greens mixture to a 10" cast-iron skillet or 9" pie dish and top with breadcrumb mixture; place pie dish on a rimmed baking sheet.
- ☐ Bake until gratin is bubbling, 15–20 minutes.
- ☐ Let cool slightly before serving.
- ☐ DO AHEAD: Ham and breadcrumb mixture can be made 1 day ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:18.7186955991%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 241.44kcal (12.07%), Fat: 17.81g (27.41%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.19g (2.61%), Sugar: 4.12g (4.58%), Cholesterol: 32.13mg (10.71%), Sodium: 14549.48mg (632.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.49%), Vitamin K: 252.89µg (240.84%), Vitamin A: 3142.57IU (62.85%), Calcium: 372.76mg (37.28%), Vitamin C: 22.04mg (26.71%), Manganese: 0.49mg (24.25%), Folate: 81.74µg (20.44%), Phosphorus: 202.87mg (20.29%), Vitamin E: 2.49mg (16.57%), Vitamin B2: 0.25mg (14.61%), Selenium: 8.84µg (12.63%), Vitamin B1: 0.18mg (12.02%), Vitamin B6: 0.23mg (11.5%), Fiber: 2.73g (10.91%),

Vitamin B12: 0.58µg (9.6%), Potassium: 303.6mg (8.67%), Magnesium: 34.42mg (8.6%), Zinc: 1.14mg (7.61%),
Vitamin B3: 1.3mg (6.48%), Vitamin D: 0.89µg (5.9%), Vitamin B5: 0.54mg (5.42%), Iron: 0.85mg (4.71%), Copper:
0.07mg (3.48%)