



Corn, Chicken and Beef Gratins

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



740 kcal

SIDE DISH

Ingredients

- 1 cup basil leaves chopped
- 4 chicken legs split
- 5 cups corn kernels fresh
- 1 garlic minced
- 0.5 teaspoon ground cumin
- 4 hard-cooked eggs peeled halved lengthwise
- 0.5 cup kalamata olives pitted
- 0.5 pound ground beef lean

- 1 onion finely chopped
- 0.5 teaspoon paprika hot
- 0.5 cup raisins
- 4 servings salt and pepper freshly ground
- 2 tablespoons vegetable oil

Equipment

- food processor
- frying pan
- baking sheet
- sauce pan
- oven
- wooden spoon

Directions

- Preheat the oven to 40
- On a large rimmed baking sheet, season the chicken with salt and pepper. Roast on the top shelf of the oven for 25 minutes, until the skin is golden and crisp and the meat is cooked through.
- Transfer the chicken to a platter. Increase the oven temperature to 45
- Meanwhile, in a medium skillet, heat the oil.
- Add the onion and cook over moderately high heat until softened, about 3 minutes.
- Add the beef, garlic, cumin and paprika and cook, breaking up the meat with a wooden spoon, until no pink remains, about 5 minutes. Season with salt and pepper.
- In a food processor, puree the corn with the basil. Scrape the puree into a large saucepan and cook over high heat, stirring, until thickened, about 4 minutes. Season the puree with salt.
- Spread the ground beef mixture in four 12-ounce gratin dishes. Set the chicken and eggs on the meat and sprinkle with the olives and raisins.
- Spread a 1-inch-thick layer of the corn puree on top of each dish.

- Bake the gratins on the top shelf of the oven for 10 minutes, until bubbling and heated through.
- Serve hot.

Nutrition Facts

PROTEIN 24.42% **FAT 47.98%** **CARBS 27.6%**

Properties

Glycemic Index:51.45, Glycemic Load:8.33, Inflammation Score:-8, Nutrition Score:32.270869337994%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 740.1kcal (37%), Fat: 40.77g (62.72%), Saturated Fat: 10.56g (65.99%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 46.66g (16.97%), Sugar: 13.22g (14.69%), Cholesterol: 341.46mg (113.82%), Sodium: 698.99mg (30.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.69g (93.39%), Selenium: 50.09µg (71.56%), Vitamin B3: 12.82mg (64.11%), Phosphorus: 588.03mg (58.8%), Vitamin B6: 0.96mg (47.92%), Vitamin B12: 2.55µg (42.44%), Zinc: 6.31mg (42.03%), Vitamin B2: 0.68mg (40%), Vitamin K: 41.81µg (39.81%), Vitamin B5: 3.71mg (37.12%), Potassium: 1237.74mg (35.36%), Vitamin B1: 0.47mg (31.58%), Magnesium: 124.45mg (31.1%), Folate: 116.64µg (29.16%), Iron: 4.81mg (26.72%), Manganese: 0.51mg (25.64%), Vitamin A: 1227.2IU (24.54%), Fiber: 6.11g (24.43%), Vitamin C: 16.93mg (20.52%), Copper: 0.33mg (16.64%), Vitamin E: 2.42mg (16.12%), Vitamin D: 1.29µg (8.57%), Calcium: 80.49mg (8.05%)