



## Garlicky Spinach-Sausage Gratin

READY IN



37 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

### Ingredients

- 2 ounces bread baguette french
- 2 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 8 garlic cloves coarsely chopped
- 0.3 teaspoon ground pepper red
- 0.3 teaspoon kosher salt
- 2 cups milk 2% reduced-fat
- 2 tablespoons olive oil divided
- 1 cup onion chopped

- 0.3 cup parmesan cheese grated
- 6 ounces pork sausage
- 12 ounces pkt spinach fresh trimmed

## Equipment

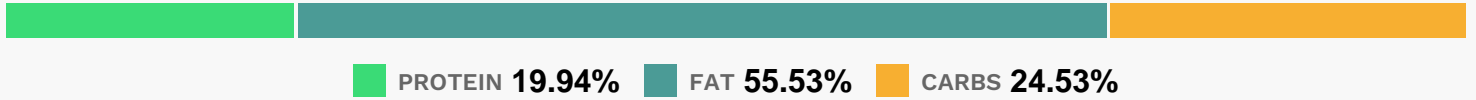
- food processor
- frying pan
- oven
- baking pan
- dutch oven

## Directions

- Preheat oven to 45
- Heat a Dutch oven over medium-high heat.
- Add 1 1/2 teaspoons oil; swirl.
- Add onion; saut 4 minutes.
- Add garlic; saut 1 minute, stirring constantly.
- Add sausage, salt, and pepper; saut 5 minutes, stirring to crumble.
- Remove mixture from pan; drain. Wipe pan.
- Return sausage mixture to pan. Stir in flour; saut 30 seconds, stirring constantly.
- Combine milk and eggs, stirring well. Reduce heat to medium. Stir milk mixture into sausage mixture; bring to a boil, and cook 2 minutes, stirring constantly.
- Remove from heat; stir in spinach. Spoon spinach mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- Place bread in a food processor, and pulse until 1 cup coarse crumbs form.
- Heat a large skillet over medium-high heat.
- Add remaining 1 1/2 tablespoons olive oil to pan, and swirl to coat. Stir in crumbs, and saut for 3 minutes or until toasted, stirring frequently.
- Sprinkle crumbs over spinach mixture, and top with cheese.

Bake at 450 for 12 minutes or until bubbly.

## Nutrition Facts



### Properties

Glycemic Index:76.13, Glycemic Load:9.53, Inflammation Score:-10, Nutrition Score:31.986956471982%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg

### Nutrients (% of daily need)

Calories: 418.09kcal (20.9%), Fat: 26.13g (40.2%), Saturated Fat: 8.42g (52.65%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 22.85g (8.31%), Sugar: 8.86g (9.84%), Cholesterol: 140.31mg (46.77%), Sodium: 807.98mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.11g (42.23%), Vitamin K: 416.09µg (396.28%), Vitamin A: 8387.69IU (167.75%), Folate: 215.78µg (53.94%), Manganese: 1.05mg (52.51%), Vitamin B2: 0.67mg (39.5%), Vitamin C: 29.36mg (35.59%), Phosphorus: 350.05mg (35.01%), Calcium: 345.63mg (34.56%), Selenium: 20.78µg (29.69%), Vitamin B1: 0.4mg (26.83%), Vitamin B6: 0.53mg (26.62%), Magnesium: 103.09mg (25.77%), Potassium: 900.74mg (25.74%), Iron: 4.24mg (23.55%), Vitamin B12: 1.32µg (22.03%), Vitamin E: 3.24mg (21.59%), Zinc: 2.94mg (19.59%), Vitamin B3: 3.75mg (18.77%), Vitamin B5: 1.32mg (13.2%), Fiber: 3.12g (12.5%), Copper: 0.23mg (11.41%), Vitamin D: 1.09µg (7.3%)