



## Hard-Boiled Egg Gratin In A Bechamel Sauce

READY IN



45 min.

SERVINGS



3

CALORIES



387 kcal

SIDE DISH

### Ingredients

- 1.5 oz butter
- 6 eggs
- 1 tablespoon flour
- 1 oz gruyere cheese grated
- 16 fl. oz. milk
- 1 pinch nutmeg freshly grated
- 1 onion
- 3 servings salt and pepper white

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill

## Directions

- Hard-boil the eggs: bring a saucepan of salted water to the boil.
- Add the eggs, reduce the heat and simmer for 10 minutes.
- Put the eggs into cold water until just cool enough to handle and then shell. (A trick for shelling hard-boiled eggs is to roll them with the palm of your hand on a hard surface to break up the shell and then peel them under a slow stream of running water.) Reserve the eggs in a bowl of warm water. Melt the butter in a saucepan or small frying pan over low heat.
- Add the onion and cook, stirring frequently, until tender but not coloured. Prepare the bchamel sauce: melt the butter in a medium heavy-bottomed saucepan over low heat.
- Add the flour and whisk for about 2 minutes; do not allow it to colour.
- Whisk in the milk and bring to the boil, whisking constantly to avoid lumps. Season with the nutmeg and salt and pepper to taste. Reduce the heat and simmer for 10 minutes, whisking constantly and scraping the bottom and sides of the pan to prevent the sauce from sticking. Stir in the cooked onions and cook for 5 minutes.
- Heat the grill. Slice the eggs 1 cm (0.4 inch) thick.
- Spread a thin layer of the bchamel sauce over the bottom of the gratin dish.
- Layer the egg slices over the bchamel sauce and coat with the remaining sauce.
- Sprinkle with grated cheese, then grill, turning the dish if necessary to colour evenly, until the top is golden brown.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 20.55% ■ FAT 65.46% ■ CARBS 13.99%

## Properties

Glycemic Index:86.67, Glycemic Load:5.01, Inflammation Score:-6, Nutrition Score:16.341739130435%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

## Taste

Sweetness: 67.16%, Saltiness: 100%, Sourness: 26.82%, Bitterness: 16.46%, Savoriness: 62.99%, Fattiness: 99.05%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 386.64kcal (19.33%), Fat: 28.15g (43.3%), Saturated Fat: 14.87g (92.91%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.78g (4.65%), Sugar: 9.61g (10.68%), Cholesterol: 387.16mg (129.05%), Sodium: 538.86mg (23.43%), Protein: 19.88g (39.76%), Selenium: 32.56µg (46.52%), Phosphorus: 408.14mg (40.81%), Vitamin B2: 0.67mg (39.61%), Calcium: 351.65mg (35.16%), Vitamin B12: 1.81µg (30.17%), Vitamin D: 3.55µg (23.68%), Vitamin A: 1175.57IU (23.51%), Vitamin B5: 2.06mg (20.62%), Zinc: 2.25mg (15%), Vitamin B6: 0.3mg (14.98%), Folate: 54.53µg (13.63%), Potassium: 426.47mg (12.18%), Vitamin B1: 0.17mg (11.17%), Iron: 1.76mg (9.8%), Magnesium: 38mg (9.5%), Vitamin E: 1.37mg (9.11%), Manganese: 0.11mg (5.35%), Copper: 0.09mg (4.47%), Vitamin C: 2.72mg (3.3%), Fiber: 0.76g (3.04%), Vitamin B3: 0.44mg (2.21%), Vitamin K: 2.14µg (2.04%)