



## Kale Gratin with Pancetta

READY IN



35 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

### Ingredients

- 4 servings bell pepper black
- 0.5 cup breadcrumbs
- 1 cup heavy whipping cream
- 2 cloves garlic smashed chopped
- 1.3 pounds kale chopped
- 0.1 teaspoon nutmeg grated
- 3 tablespoons olive oil extra-virgin
- 0.3 pound pancetta chopped
- 0.5 cup pecorino cheese grated

4 servings salt

## Equipment

frying pan

oven

pot

broiler

stove

## Directions

Preheat the broiler but place the oven rack on the second shelf down from the heat source.

Bring a few inches of water to a boil in a deep skillet or pot, add the kale and salt and cook 5 to 6 minutes; drain and dry the greens.

Return the skillet to the stove over medium-high heat and add 1 tablespoon of extra-virgin olive oil and pancetta. Crisp the pancetta and add the cream and garlic. Season with nutmeg, salt, and pepper then reduce 7 to 8 minutes to about 1/2 to 2/3 cup.

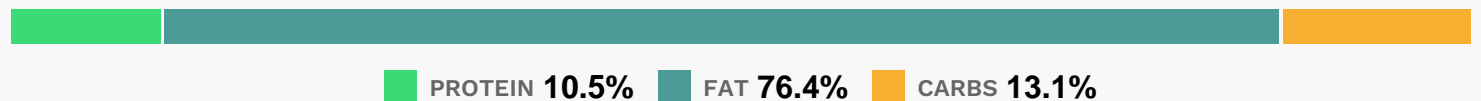
Add cooked greens to cream and stir to coat evenly.

Transfer to shallow casserole.

Toss with breadcrumbs with the remaining 2 tablespoons of extra-virgin olive oil. Season the crumbs with salt and pepper and combine with cheese.

Place the casserole on the second shelf under broiler and brown breadcrumbs and cheese for 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:31.683912982111%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 33.45mg, Isorhamnetin: 33.45mg, Isorhamnetin: 33.45mg, Isorhamnetin: 33.45mg Kaempferol: 66.34mg, Kaempferol: 66.34mg, Kaempferol: 66.34mg, Kaempferol: 66.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 32.03mg, Quercetin: 32.03mg, Quercetin: 32.03mg

## **Nutrients (% of daily need)**

Calories: 567.46kcal (28.37%), Fat: 49.46g (76.09%), Saturated Fat: 21.48g (134.23%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 12.59g (4.58%), Sugar: 3.83g (4.26%), Cholesterol: 98.95mg (32.98%), Sodium: 721.97mg (31.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.59%), Vitamin K: 562.4µg (535.62%), Vitamin A: 15098.35IU (301.97%), Vitamin C: 133.22mg (161.48%), Calcium: 561.93mg (56.19%), Manganese: 1.1mg (55.23%), Vitamin B2: 0.73mg (42.89%), Phosphorus: 273.16mg (27.32%), Folate: 105.69µg (26.42%), Fiber: 6.49g (25.96%), Vitamin B1: 0.39mg (25.92%), Vitamin E: 3.16mg (21.06%), Selenium: 14.19µg (20.28%), Vitamin B3: 3.77mg (18.84%), Potassium: 650.86mg (18.6%), Iron: 3.29mg (18.28%), Vitamin B6: 0.35mg (17.53%), Magnesium: 65.94mg (16.48%), Zinc: 1.57mg (10.46%), Vitamin D: 1.13µg (7.52%), Vitamin B12: 0.42µg (7.07%), Copper: 0.14mg (6.92%), Vitamin B5: 0.58mg (5.76%)