



RWOP Finalist: Swiss Chard au Gratin

READY IN



58 min.

SERVINGS



6

CALORIES



712 kcal

SIDE DISH

Ingredients

- 6 strips bacon
- 6 tablespoons butter
- 4 ounces cream cheese
- 2 cloves garlic minced
- 4 ounces havarti cheese
- 1.5 cups cup heavy whipping cream
- 4 tablespoons olive oil
- 1 cup panko bread crumbs
- 1 dash salt and pepper

- 2 shallots finely chopped
- 4 pounds swiss chard green

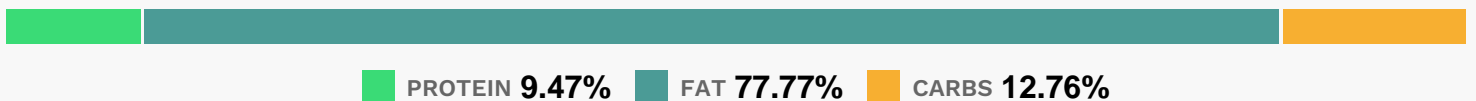
Equipment

- frying pan
- paper towels
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F.
- Cook bacon in a medium skillet over moderately high heat until the fat is rendered, 3 to 5 min.
- Transfer bacon to paper towels, keeping the drippings in the skillet.
- Add the butter along with the garlic and 1/2 of the shallots to skillet. Cook over moderate heat until softened, about 2 min.
- Add cream cheese, Havarti, and whisk in heavy cream. Simmer until reduced by half, about 8 min. Season with salt and pepper.
- Heat a large skillet over moderate heat.
- Add olive oil and saute Swiss chard leaves with the remaining shallots until softened, about 3 min. Season with salt and pepper.
- Transfer chard leaves to a shallow baking dish and cover with the cream cheese mixture. Top with panko and crumbled bacon.
- Bake until crumbs are toasted and the casserole is bubbling, about 30 min.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:2.79, Inflammation Score:-10, Nutrition Score:37.216521615567%

Flavonoids

Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 17.54mg, Kaempferol: 17.54mg, Kaempferol: 17.54mg, Kaempferol: 17.54mg Myricetin: 9.39mg, Myricetin: 9.39mg, Myricetin: 9.39mg, Myricetin: 9.39mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 712.03kcal (35.6%), Fat: 63.61g (97.87%), Saturated Fat: 32.39g (202.47%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 17.91g (6.51%), Sugar: 7.07g (7.85%), Cholesterol: 147.58mg (49.19%), Sodium: 1178.88mg (51.26%), Alcohol: 0g (100%), Protein: 17.43g (34.86%), Vitamin K: 2519.52µg (2399.54%), Vitamin A: 20131.24IU (402.62%), Vitamin C: 92.15mg (111.7%), Magnesium: 265.11mg (66.28%), Manganese: 1.26mg (62.8%), Vitamin E: 8.33mg (55.53%), Potassium: 1338.69mg (38.25%), Calcium: 354.3mg (35.43%), Phosphorus: 352.07mg (35.21%), Iron: 6.3mg (34.99%), Vitamin B2: 0.56mg (32.68%), Copper: 0.61mg (30.63%), Vitamin B6: 0.46mg (23%), Fiber: 5.58g (22.3%), Selenium: 15.06µg (21.52%), Vitamin B1: 0.31mg (20.78%), Folate: 71.74µg (17.93%), Zinc: 2.54mg (16.96%), Vitamin B3: 2.86mg (14.31%), Vitamin B5: 1.07mg (10.67%), Vitamin B12: 0.57µg (9.44%), Vitamin D: 1.09µg (7.27%)