



Scalloped Greens

READY IN



208 min.

SERVINGS



15

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups sourdough breadcrumbs (see Note)
- 2 tablespoons butter melted
- 1 pound collard greens chopped
- 2 large eggs
- 0.5 cup flour all-purpose
- 2 large garlic cloves minced
- 2 cups half-and-half
- 8 ounces havarti cheese shredded
- 3 cups milk

- 0.3 cup onion grated
- 0.3 teaspoon pepper
- 1.3 teaspoons salt divided
- 8 ounces sharp cheddar cheese shredded white
- 1 pound turnip greens chopped
- 3 cups water

Equipment

- food processor
- oven
- whisk
- pot
- baking pan
- dutch oven

Directions

- Wash greens; remove coarse stems. Bring greens and water to a boil in a large Dutch oven. Cover, reduce heat, and simmer 1 hour and 45 minutes or until tender, stirring occasionally.
- Drain well. Return greens to pot.
- Whisk together flour, next 5 ingredients, 1 teaspoon salt, and pepper.
- Add to greens in pot.
- Add cheeses; pour into a buttered 13" x 9" baking dish.
- Combine breadcrumbs, 2 tablespoons melted butter, and remaining 1/4 teaspoon salt, tossing until crumbs are coated.
- Sprinkle over greens.
- Bake, uncovered, at 350 for 1 hour and 15 minutes or until golden.
- Let stand 15 minutes before serving.
- Note: To make 3 cups sourdough breadcrumbs, we used 1/3 (10-ounce) round loaf sourdough bread, torn into pieces, and pulsed in a food processor.

- Make Ahead: Cook greens, shred cheese, assemble casserole, and store in refrigerator, without breadcrumb topping, up to a day ahead. Prepare breadcrumb topping, and add just before baking.
- Bake casserole according to recipe up to 2 hours before serving. Reheat briefly before serving.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:25.542608841606%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 6.25mg, Kaempferol: 6.25mg, Kaempferol: 6.25mg, Kaempferol: 6.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 329.38kcal (16.47%), Fat: 18.07g (27.8%), Saturated Fat: 9.52g (59.51%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 23.88g (8.68%), Sugar: 5.61g (6.23%), Cholesterol: 70.37mg (23.46%), Sodium: 650.1mg (28.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.87%), Vitamin K: 210.51µg (200.48%), Vitamin A: 5589.29IU (111.79%), Calcium: 468.3mg (46.83%), Folate: 145.3µg (36.33%), Vitamin C: 29.51mg (35.77%), Phosphorus: 304.79mg (30.48%), Manganese: 0.6mg (29.81%), Vitamin B2: 0.46mg (26.83%), Selenium: 17.25µg (24.65%), Vitamin B1: 0.33mg (22.2%), Vitamin B12: 0.83µg (13.84%), Zinc: 2.05mg (13.66%), Vitamin E: 2.02mg (13.46%), Fiber: 3.32g (13.3%), Vitamin B6: 0.25mg (12.35%), Magnesium: 46.73mg (11.68%), Vitamin B3: 2.21mg (11.03%), Copper: 0.22mg (10.87%), Iron: 1.91mg (10.61%), Potassium: 354.26mg (10.12%), Vitamin B5: 0.83mg (8.32%), Vitamin D: 0.8µg (5.34%)