



Skillet Ramp Gratin

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

Ingredients

- 0.5 cup bread crumbs fresh
- 2 ounces gruyère cheese grated
- 0.5 cup heavy cream
- 0.8 pound ramps trimmed thin
- 4 servings salt and pepper white freshly ground
- 2 tablespoons butter unsalted

Equipment

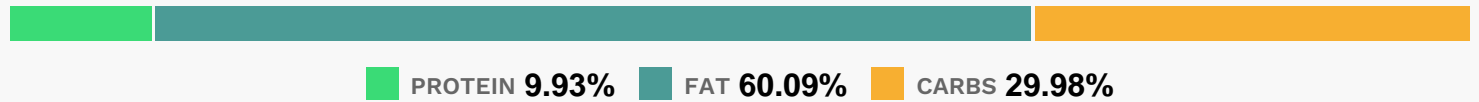
- frying pan

broiler

Directions

- Melt 1 tablespoon of the butter in a large ovenproof skillet.
- Add the bread crumbs and toast over high heat, stirring occasionally, until lightly golden, about 2 minutes.
- Transfer to a plate to cool, then toss with the Gruyre.
- Heat the broiler. Melt the remaining 1 tablespoon of butter in the skillet until just brown.
- Add the ramps, all facing in one direction, and cook over high heat until limp and lightly golden, 3 to 4 minutes. Season with salt and pepper, add the cream and cook until bubbling, about 1 minute.
- Remove from the heat and sprinkle with the bread crumb mixture.
- Set the skillet under the broiler and broil for about 30 seconds, or until lightly browned and bubbling.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:8.8721738483595%

Nutrients (% of daily need)

Calories: 321.01kcal (16.05%), Fat: 21.75g (33.47%), Saturated Fat: 13.29g (83.08%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 21.37g (7.77%), Sugar: 4.63g (5.14%), Cholesterol: 64.26mg (21.42%), Sodium: 208.93mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Vitamin A: 2192.46IU (43.85%), Calcium: 245.51mg (24.55%), Iron: 2.68mg (14.87%), Vitamin C: 10.8mg (13.1%), Phosphorus: 130.49mg (13.05%), Fiber: 3.05g (12.18%), Manganese: 0.21mg (10.65%), Vitamin B1: 0.15mg (9.72%), Selenium: 6.48µg (9.26%), Vitamin B2: 0.15mg (9.1%), Zinc: 0.85mg (5.66%), Vitamin B12: 0.33µg (5.56%), Vitamin B3: 0.94mg (4.68%), Vitamin D: 0.67µg (4.44%), Folate: 17.46µg (4.37%), Magnesium: 14.93mg (3.73%), Vitamin E: 0.49mg (3.24%), Copper: 0.06mg (3.08%), Vitamin K: 2.72µg (2.59%), Vitamin B5: 0.24mg (2.38%), Vitamin B6: 0.04mg (2.02%), Potassium: 69.34mg (1.98%)