



WHATSheATE



Spinach and Leek Gratin with Roquefort Crumb Topping



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups breadcrumbs from bread fresh french crustless
- ☐ 5 tablespoons butter divided
- ☐ 3.5 tablespoons horseradish dijon mustard divided
- ☐ 0.8 cup heavy whipping cream
- ☐ 3 cups leek halved lengthwise thinly sliced
- ☐ 4 ounces roquefort cheese generous crumbled
- ☐ 27 ounce spinach leaves

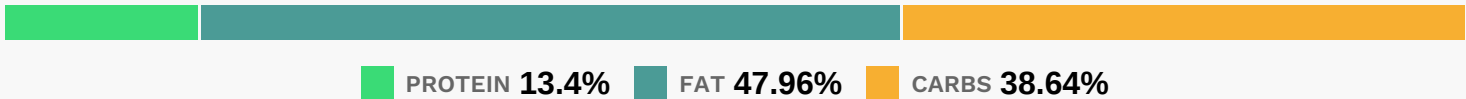
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F. Melt 3 tablespoons butter in medium skillet over medium-high heat.
- ☐ Mix in 2 tablespoons mustard, then breadcrumbs. Sauté until breadcrumbs are golden, about 5 minutes. Cool briefly.
- ☐ Mix in cheese.
- ☐ Toss 1 1/2 bags spinach in large nonstick pot over high heat until wilted, about 3 minutes.
- ☐ Transfer to sieve set over bowl. Repeat with remaining spinach. Press on spinach to drain.
- ☐ Melt remaining 2 tablespoons butter in same pot over medium-high heat.
- ☐ Add leek; sauté 4 minutes.
- ☐ Add cream, remaining 1 1/2 tablespoons mustard, and spinach. Toss until thick and blended, about 2 minutes. Season with salt and pepper.
- ☐ Transfer to 7x11-inch baking dish. Top with breadcrumb mixture.
- ☐ Bake until bubbling, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:19.47, Inflammation Score:-10, Nutrition Score:32.901739265608%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 426.35kcal (21.32%), Fat: 23.32g (35.87%), Saturated Fat: 12.93g (80.82%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 36.51g (13.28%), Sugar: 6.41g (7.12%), Cholesterol: 56.78mg (18.93%), Sodium: 799.55mg (34.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Vitamin K: 482.63µg (459.64%), Vitamin A: 10229.35IU (204.59%), Manganese: 1.87mg (93.66%), Folate: 274.19µg (68.55%), Vitamin C: 31.19mg (37.8%), Selenium: 26.21µg (37.44%), Iron: 5.99mg (33.25%), Calcium: 315.47mg (31.55%), Magnesium: 122.36mg (30.59%), Vitamin B2: 0.5mg (29.24%), Vitamin B1: 0.4mg (26.75%), Vitamin B3: 4.84mg (24.21%), Fiber: 5.75g (22.99%), Phosphorus: 225.27mg (22.53%), Potassium: 737.3mg (21.07%), Vitamin E: 2.81mg (18.74%), Vitamin B6: 0.37mg (18.56%), Copper: 0.28mg (13.93%), Zinc: 1.66mg (11.09%), Vitamin B5: 1.01mg (10.06%), Vitamin D: 0.36µg (2.38%), Vitamin B12: 0.14µg (2.35%)