



Spinach and Roasted Red Pepper Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons butter
- 4 large eggs
- 3 garlic clove minced
- 0.5 teaspoon pepper black
- 3 cups leek white green thinly sliced (and pale parts only)
- 1.5 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 1 cup part-skim ricotta

- 3 bell pepper red
- 1.5 teaspoons salt
- 0.3 cup shallots chopped
- 40 ounce pkt spinach fresh
- 0.5 cup swiss cheese grated
- 1 cup whipping cream

Equipment

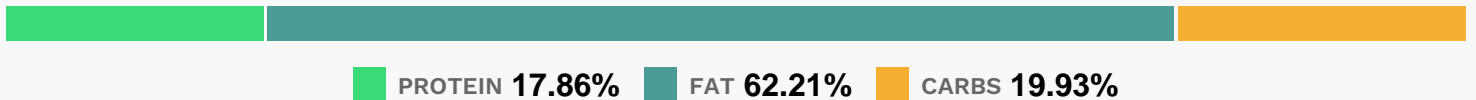
- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- baking pan
- broiler
- kitchen towels

Directions

- Heat large deep nonstick skillet over medium-high heat. Working in batches (about 10 cups at a time), sauté fresh spinach in dry skillet until bright green and wilted, about 2 minutes per batch.
- Transfer spinach to strainer. Squeeze spinach dry; roll in kitchen towel to remove excess water.
- Char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and slice peppers into 1/4-inch-wide strips.
- Melt butter with oil in heavy large skillet over medium heat.
- Add leeks, shallot, and garlic; cook until soft, about 5 minutes.
- Remove from heat.
- Whisk cream and eggs in large bowl to blend.

- Whisk in all cheeses, salt, and pepper. Stir in spinach, leek mixture, and 2/3 of roasted red peppers (reserve 1/3 of peppers for topping). (Can be prepared 1 day ahead. Cover and refrigerate.)
- Preheat oven to 350°F. Generously butter 13x9x2-inch baking dish.
- Transfer spinach mixture to prepared dish.
- Bake gratin until knife inserted into center comes out clean, about 50 minutes. Arrange remaining red pepper strips decoratively atop gratin and serve.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:36.671739059946%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 333.27kcal (16.66%), Fat: 24.09g (37.07%), Saturated Fat: 12.71g (79.44%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 12.43g (4.52%), Sugar: 5.43g (6.03%), Cholesterol: 150.87mg (50.29%), Sodium: 723.96mg (31.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Vitamin K: 705.95µg (672.34%), Vitamin A: 16086.34IU (321.73%), Vitamin C: 102.08mg (123.73%), Folate: 337.29µg (84.32%), Manganese: 1.55mg (77.64%), Calcium: 375.05mg (37.51%), Magnesium: 141.85mg (35.46%), Vitamin B2: 0.58mg (34.03%), Vitamin E: 4.95mg (32.99%), Potassium: 1088.85mg (31.11%), Iron: 5.5mg (30.55%), Vitamin B6: 0.59mg (29.51%), Phosphorus: 281.77mg (28.18%), Selenium: 18.95µg (27.07%), Fiber: 4.95g (19.79%), Zinc: 2.19mg (14.6%), Copper: 0.28mg (14%), Vitamin B1: 0.19mg (12.38%), Vitamin B12: 0.61µg (10.18%), Vitamin B5: 0.89mg (8.86%), Vitamin B3: 1.69mg (8.45%), Vitamin D: 1.02µg (6.82%)