



 14%
HEALTH SCORE

Swiss Chard and Mushroom Popover Bake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

Ingredients

- 2 cups crimini mushrooms sliced
- 2 large eggs beaten
- 0.5 cup bob's mill garbanzo bean flour red
- 1 garlic clove minced
- 1 tablespoon butter
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup provolone cheese shredded
- 0.3 cup onion red cut into 1-inch pieces

- 0.3 teaspoon rosemary
- 4 servings salt and pepper to taste
- 0.5 cup skim milk
- 2 cups swiss chard roughly chopped
- 0.3 teaspoon thyme leaves

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Preheat your oven to 425 degrees F.
- Add the olive oil to a large skillet over medium heat. When hot, add the onion and mushrooms and cook, stirring, until soft.
- Add the Swiss chard, garlic, and seasonings, and mix well for a few minutes (be careful not to burn the garlic).
- Remove the mixture from the heat and cover it. Spray an 8-inch square baking dish (you could also use a pie plate) with the nonstick cooking spray.
- Add the margarine and place the dish in the oven until the margarine melts, then remove it from the oven. In a medium bowl, whisk together the garbanzo bean flour, milk and eggs.
- Pour the flour mixture into the baking dish and bake for 12–14 minutes, or until it becomes puffy and lightly browns. Spoon the Swiss chard mixture to the crust and sprinkle the Provolone cheese over the top.
- Bake for about 10 minutes, or until the cheese has melted.

Nutrition Facts

 PROTEIN 19.65%  FAT 59.26%  CARBS 21.09%

Properties

Glycemic Index:81.31, Glycemic Load:5.3, Inflammation Score:-8, Nutrition Score:19.035217391304%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Taste

Sweetness: 33.75%, Saltiness: 100%, Sourness: 18.03%, Bitterness: 25.23%, Savoriness: 58.58%, Fattiness: 93.06%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 265.78kcal (13.29%), Fat: 17.7g (27.23%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 11.84g (4.31%), Sugar: 4.61g (5.12%), Cholesterol: 105.3mg (35.1%), Sodium: 445.59mg (19.37%), Protein: 13.2g (26.41%), Vitamin K: 155.47µg (148.07%), Vitamin A: 1581.3IU (31.63%), Selenium: 21.6µg (30.86%), Phosphorus: 268.28mg (26.83%), Vitamin B2: 0.42mg (24.78%), Folate: 93.12µg (23.28%), Calcium: 207.06mg (20.71%), Manganese: 0.39mg (19.74%), Copper: 0.38mg (18.95%), Magnesium: 55.53mg (13.88%), Potassium: 484.82mg (13.85%), Zinc: 1.9mg (12.69%), Vitamin E: 1.89mg (12.59%), Vitamin B5: 1.25mg (12.53%), Vitamin B12: 0.68µg (11.34%), Vitamin B6: 0.23mg (11.28%), Iron: 1.82mg (10.1%), Vitamin B1: 0.15mg (10.08%), Fiber: 2.33g (9.32%), Vitamin B3: 1.8mg (9.02%), Vitamin C: 6.59mg (7.98%), Vitamin D: 0.96µg (6.37%)