



## Swiss Chard and Ricotta Salata Egg Bake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter plus more for buttering dish
- ☐ 18 large eggs
- ☐ 2 cloves garlic minced
- ☐ 0.8 cup gruyère cheese grated
- ☐ 0.5 cup heavy whipping cream
- ☐ 1.5 cups pecorino grated
- ☐ 1 teaspoon salt
- ☐ 1 bunch swiss chard

☐ 0.3 teaspoon pepper white

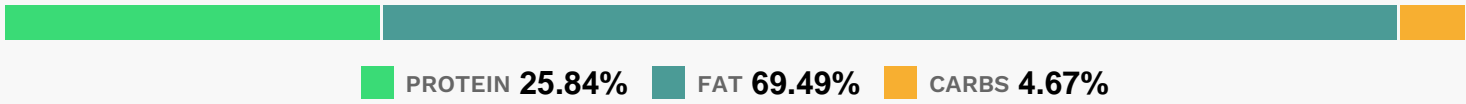
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

## Directions

- ☐ Wash chard and trim discolored ends of stems.
- ☐ Cut out central stalk from leaves with a V-shaped incision that follows the tapering shape of the stalk. Thinly slice stalks and set aside. Chop leaves.
- ☐ In a large frying pan over medium-high heat, melt 2 tbsp. butter.
- ☐ Add chard stalks and 1/2 tsp. salt. Cook, stirring occasionally, until tender.
- ☐ Add chard leaves and garlic. Continue to cook, stirring occasionally, until leaves are tender. Stir in white pepper. Set aside and let cool slightly.
- ☐ Butter a 9- by 12-in. baking dish.
- ☐ Spread cooked chard on bottom and sprinkle with ricotta salata. In a large bowl, whisk together eggs, cream, and remaining 1/2 tsp. salt.
- ☐ Pour over chard and ricotta salata.
- ☐ Sprinkle with gruyere, cover with plastic wrap, and chill overnight.
- ☐ Preheat oven to 35
- ☐ Remove plastic wrap from eggs and bake until set and top is golden brown, 40 to 45 minutes.
- ☐ Serve hot, cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:23.963912994965%

## Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 376.99kcal (18.85%), Fat: 29.02g (44.65%), Saturated Fat: 14.95g (93.44%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.75g (1.37%), Sugar: 1.44g (1.6%), Cholesterol: 480.16mg (160.05%), Sodium: 684.38mg (29.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Vitamin K: 313.17µg (298.25%), Vitamin A: 3531.44IU (70.63%), Selenium: 44µg (62.86%), Vitamin B2: 0.7mg (41.36%), Phosphorus: 399.06mg (39.91%), Calcium: 315.73mg (31.57%), Vitamin B12: 1.39µg (23.12%), Vitamin B5: 2mg (20.04%), Zinc: 2.66mg (17.72%), Vitamin D: 2.66µg (17.7%), Folate: 65.67µg (16.42%), Iron: 2.88mg (16.01%), Vitamin E: 2.19mg (14.63%), Vitamin C: 11.59mg (14.04%), Magnesium: 54.81mg (13.7%), Vitamin B6: 0.27mg (13.65%), Potassium: 374.31mg (10.69%), Manganese: 0.19mg (9.49%), Copper: 0.17mg (8.33%), Vitamin B1: 0.08mg (5.21%), Fiber: 0.63g (2.53%), Vitamin B3: 0.31mg (1.56%)