



Swiss Chard au Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



478 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 1 stick butter
- 4.5 pounds swiss chard (6 to 8 large bundles)
- 0.5 cup flour
- 8 servings nutmeg
- 4 cups parmesan shredded
- 2 roasted garlic
- 8 servings salt
- 5 cups milk whole

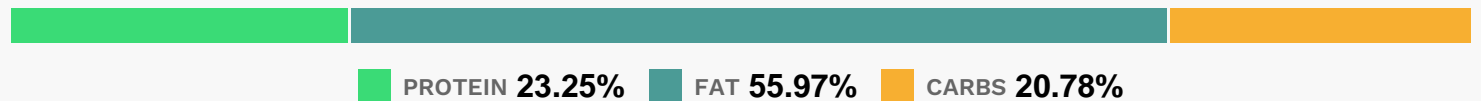
Equipment

- oven
- whisk
- pot
- kitchen towels
- colander

Directions

- Arrange the rack in the middle of oven and preheat the oven to 400 degrees F. Bring a large pot of water to boil.
- Stem the chard, keeping the leaves whole. Salt the boiling water and add the chard and let wilt. The pot will be packed at first. Boil the chard 10 minutes, drain in a colander and run under cool water.
- Let it drain and squeeze out any excess liquid in a clean kitchen towel. Chop.
- Meanwhile, heat the butter over medium heat.
- Whisk in the flour and cook 1 minute, and then whisk in the milk. Season with salt, pepper and a little freshly grated nutmeg. Stir in the roasted garlic paste. Thicken the sauce to coat the back of a spoon and adjust seasonings to taste.
- Layer half the greens in a medium casserole (8 to 10 inches long). Top with half the bechamel sauce and half the cheese. Repeat layers, ending with the cheese.
- Bake until bubbly and brown, 20 to 30.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:9.69, Inflammation Score:-10, Nutrition Score:39.602173805237%

Flavonoids

Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Kaempferol: 14.8mg, Kaempferol: 14.8mg, Kaempferol: 14.8mg Myricetin: 7.92mg, Myricetin: 7.92mg, Myricetin: 7.92mg,

Myricetin: 7.92mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 477.56kcal (23.88%), Fat: 30.57g (47.03%), Saturated Fat: 18.91g (118.2%), Carbohydrates: 25.54g (8.51%),
Net Carbohydrates: 20.79g (7.56%), Sugar: 11.15g (12.39%), Cholesterol: 82.67mg (27.56%), Sodium: 1687.65mg
(73.38%), Alcohol: 0g (100%), Protein: 28.57g (57.14%), Vitamin K: 2120.21µg (2019.24%), Vitamin A: 16597.9IU
(331.96%), Vitamin C: 76.84mg (93.14%), Calcium: 919.86mg (91.99%), Phosphorus: 635.78mg (63.58%),
Magnesium: 252.99mg (63.25%), Manganese: 1.09mg (54.35%), Vitamin B2: 0.65mg (38.33%), Potassium:
1264.88mg (36.14%), Vitamin E: 5.34mg (35.62%), Iron: 5.45mg (30.29%), Selenium: 19.38µg (27.68%), Copper:
0.51mg (25.49%), Vitamin B12: 1.45µg (24.13%), Vitamin B6: 0.41mg (20.39%), Zinc: 3.04mg (20.26%), Fiber: 4.75g
(19%), Vitamin B1: 0.28mg (18.5%), Folate: 55.5µg (13.88%), Vitamin B5: 1.29mg (12.9%), Vitamin D: 1.93µg (12.85%),
Vitamin B3: 1.82mg (9.08%)