



Winter Greens Gratin

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 3 cups coarse salt fresh
- ☐ 2 teaspoons thyme sprigs fresh divided
- ☐ 7 garlic clove smashed
- ☐ 1 cup gruyere cheese grated
- ☐ 1 cup cup heavy whipping cream
- ☐ 10 servings kosher salt
- ☐ 2.5 pounds mustard greens

- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan finely grated
- ☐ 2 shallots sliced into 1/4"-thick rounds (1 cup)
- ☐ 24 cups kale trimmed chopped
- ☐ 1 tablespoon butter unsalted plus more for dish
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

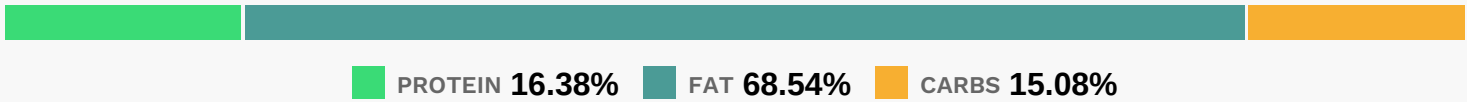
Directions

- ☐ Lightly butter a 3-quart baking dish. Working in batches, blanch kale in a pot of boiling lightly salted water until just softened, about 3 minutes. Using a slotted spoon, transfer kale to a large bowl of ice water; let cool, then drain. Squeeze out as much excess water as possible by hand and transfer kale to a work surface.
- ☐ Repeat with mustard greens, blanching for 2 minutes per batch. Coarsely chop all greens and combine in a large bowl (you should have 6 cups tightly packed greens). Separate clumps and loosen chopped leaves by hand.
- ☐ Heat oil in a 12" skillet over medium heat.
- ☐ Add breadcrumbs and cook, stirring frequently, until golden and crispy, 8–10 minutes.
- ☐ Transfer to a large bowl; stir in Parmesan and 1 teaspoon thyme leaves. DO AHEAD: Greens and breadcrumbs can be made 2 days ahead. Cover greens and chill. Store breadcrumbs airtight at

roomtemperature.

- ☐ Melt 1 tablespoon butter in a medium saucepan over medium-high heat.
- ☐ Add shallots; cook, stirring often, until slightly softened and light golden, about 5 minutes.
- ☐ Transfer shallots to bowl with greens.
- ☐ Add cream, milk, garlic, and thyme sprigs to same saucepan; bring to a simmer. Cook until mixture is thickened and reduced to 1 1/2 cups, 10–12 minutes. Discard thyme sprigs and garlic; stir in nutmeg. Season mixture with salt and pepper.
- ☐ Pour cream mixture over greens in bowl and toss to evenly coat in sauce; season to taste with salt and pepper.
- ☐ Transfer green mixture to prepared baking dish; sprinkle
- ☐ Gruyère over. Top with breadcrumbs. Cover dish with foil. DO AHEAD: Gratin can be assembled 1 day ahead.
- ☐ Preheat oven to 400°F.
- ☐ Bake until filling is hot, about 25 minutes. Uncover and bake until cheese is melted, edges are bubbling, and breadcrumbs are golden brown, 10–20 minutes longer.
- ☐ Garnish with remaining 1 teaspoon thyme leaves.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:27.52826085298%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 30.26mg, Isorhamnetin: 30.26mg, Isorhamnetin: 30.26mg, Isorhamnetin: 30.26mg Kaempferol: 67.02mg, Kaempferol: 67.02mg, Kaempferol: 67.02mg, Kaempferol: 67.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg

Nutrients (% of daily need)

Calories: 283.22kcal (14.16%), Fat: 22.73g (34.96%), Saturated Fat: 10.82g (67.63%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 5.27g (1.92%), Sugar: 4.28g (4.75%), Cholesterol: 50.75mg (16.92%), Sodium: 34386.52mg (1495.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.43%), Vitamin K: 493.99µg (470.47%),

Vitamin A: 9072.64IU (181.45%), Vitamin C: 128.29mg (155.5%), Calcium: 525.96mg (52.6%), Vitamin B2: 0.44mg (25.73%), Phosphorus: 253.68mg (25.37%), Manganese: 0.49mg (24.74%), Vitamin E: 3.71mg (24.71%), Fiber: 5.99g (23.94%), Potassium: 721.75mg (20.62%), Vitamin B6: 0.36mg (18.09%), Iron: 3.25mg (18.06%), Magnesium: 67.81mg (16.95%), Copper: 0.26mg (13.18%), Folate: 49.5µg (12.37%), Vitamin B1: 0.18mg (12.24%), Zinc: 1.43mg (9.55%), Selenium: 6.16µg (8.79%), Vitamin B3: 1.6mg (8.02%), Vitamin B12: 0.44µg (7.39%), Vitamin B5: 0.56mg (5.64%), Vitamin D: 0.77µg (5.16%)