



WHATSHEATE



Zucchini and Spinach Gratin



Gluten Free



Popular

READY IN



100 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces bacon thick cut
- ☐ 4 servings pepper black freshly ground
- ☐ 3 eggs
- ☐ 1 handful parsley packed ()
- ☐ 1 lb pkt spinach frozen
- ☐ 3 cloves garlic peeled coarsely chopped
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil

- ☐ 1 large onion
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 2 lbs zucchini

Equipment

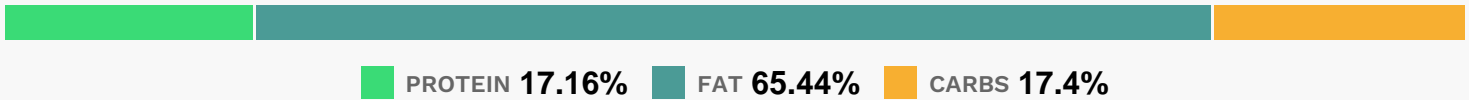
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Grate the zucchini. Toss the grated zucchini with about a teaspoon of Kosher salt.
- ☐ Place the grated zucchini in a large sieve (or colander) placed over a bowl to catch the water as the salt helps the zucchini release its moisture.
- ☐ Let sit for 30 minutes or so, then squeeze out the remaining excess moisture with paper towels or a clean tea towel.² Thaw the spinach, let drain while the zucchini is draining. Then squeeze out the excess moisture with paper towels or a tea towel.³
- ☐ Heat a large skillet on medium heat.
- ☐ Add the bacon and gently cook until lightly browned and most of the fat rendered out, about 10 minutes.⁴ While the bacon is cooking, peel and finely chop the onion.
- ☐ Add the onions to the bacon and cook for an additional 10 minutes, until the onions have softened.⁵ While the bacon and onions are cooking, prepare the parsley and garlic.
- ☐ Place the parsley and garlic with a small pinch of salt into a food processor and pulse just a couple of times.⁶ Preheat the oven to 350°F.⁷

- ☐ Place the zucchini into a large bowl. With a wooden spoon, mix in the cooked onions and bacon.
- ☐ Mix in the spinach, parsley, and garlic.
- ☐ Mix in half of the Parmesan. Taste, and add black pepper and more salt to taste.
- ☐ Mix in the eggs.8 Coat the bottom and sides of a 2 quart casserole or gratin dish with a tablespoon of olive oil.
- ☐ Put the zucchini spinach mixture into the dish and pack it down.
- ☐ Sprinkle the remaining Parmesan cheese over the top and drizzle with a little olive oil.9
- ☐ Bake in a 350°F oven for 40–45 minutes, until the top is nicely browned.
- ☐ Serve immediately. Reheats well.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:35.880434948465%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 402.64kcal (20.13%), Fat: 30.51g (46.94%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 11.96g (4.35%), Sugar: 8.16g (9.07%), Cholesterol: 147.67mg (49.22%), Sodium: 704.96mg (30.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18g (36%), Vitamin K: 457.08µg (435.32%), Vitamin A: 14130.58IU (282.61%), Manganese: 1.32mg (66.14%), Vitamin C: 51.64mg (62.59%), Folate: 243.85µg (60.96%), Vitamin B2: 0.69mg (40.71%), Vitamin E: 6.1mg (40.64%), Vitamin B6: 0.76mg (38.08%), Selenium: 26.55µg (37.93%), Magnesium: 141.75mg (35.44%), Potassium: 1165.76mg (33.31%), Phosphorus: 332.01mg (33.2%), Calcium: 327.39mg (32.74%), Fiber: 6.3g (25.2%), Iron: 3.97mg (22.07%), Vitamin B1: 0.31mg (20.44%), Zinc: 2.68mg (17.87%), Copper: 0.35mg (17.28%), Vitamin B5: 1.3mg (12.99%), Vitamin B3: 2.56mg (12.8%), Vitamin B12: 0.57µg (9.48%), Vitamin D: 0.81µg (5.38%)