

Spinach and Gruyere Gratin

Laraine Perri
Relish Magazine

Servings: 8

2 tablespoons butter, divided
1 large onion, finely chopped
3 large cloves garlic, minced
1 1/2 tablespoons all-purpose flour
1 teaspoon salt
1 1/2 cups whole milk
3/4 cup Gruyere cheese, shredded
4 packages (10 ounce ea) frozen
chopped spinach, thawed and
squeezed dry
1 cup panko breadcrumbs
1/4 cup Parmigiano-Reggiano cheese,
grated

Preheat the oven to 400 degrees.

Butter a shallow six-cup baking dish.

In a large skillet over medium heat, melt one
tablespoon of butter. Add the onion and garlic.
Saute' for 5 minutes. Add the flour and salt.
Cook, stirring, for 1 minute.

Add the milk. Bring to a boil. Reduce the heat
and cook until slightly thickened. Stir in the
Gruyere and spinach. Transfer to the prepared
baking dish.

In a skillet over medium heat, melt the remaining
one tablespoon of butter. Add the panko. Cook,
stirring, until golden, 3 minutes. Remove from
the heat. Stir in the Parmigiano-Reggiano.
Sprinkle over the spinach.

Bake for 25 minutes.

Per Serving (excluding unknown
items): 162 Calories; 8g Fat (42.6%
calories from fat); 12g Protein; 14g
Carbohydrate; 7g Dietary Fiber;
25mg Cholesterol; 521mg Sodium.
Exchanges: 0 Grain(Starch); 1/2
Lean Meat; 2 Vegetable; 0 Non-Fat
Milk; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	162	Vitamin B6 (mg):	.4mg
% Calories from Fat:	42.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	31.4%	Thiamin B1 (mg):	.2mg

% Calories from Protein: 26.0%
 Total Fat (g): 8g
 Saturated Fat (g): 5g
 Monounsaturated Fat (g): 2g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 25mg
 Carbohydrate (g): 14g
 Dietary Fiber (g): 7g
 Protein (g): 12g
 Sodium (mg): 521mg
 Potassium (mg): 841mg
 Calcium (mg): 417mg
 Iron (mg): 5mg
 Zinc (mg): 2mg
 Vitamin C (mg): 57mg
 Vitamin A (i.u.): 17939IU
 Vitamin A (r.e.): 1844 1/2RE

Riboflavin B2 (mg): .5mg
 Folic Acid (mcg): 280mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 1/2
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 162 Calories from Fat: 69

% Daily Values*

Total Fat 8g 13%
 Saturated Fat 5g 24%
 Cholesterol 25mg 8%
 Sodium 521mg 22%
 Total Carbohydrates 14g 5%
 Dietary Fiber 7g 29%
 Protein 12g

Vitamin A 359%
 Vitamin C 95%
 Calcium 42%
 Iron 27%

* Percent Daily Values are based on a 2000 calorie diet.