

Swiss Chard, Fennel, and White Bean Gratin

Yield: 9 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-fennel-and-white-bean-gratin-recipe>

Ingredients:

- 5 tablespoons unsalted butter
- 1 bulb fennel cored, and sliced thin, about 3 cups
- 1 large onion sliced thin, about 1 1/2 cups
- kosher salt
- freshly ground black pepper
- 3 cloves garlic minced, about 1 tablespoon
- 3 bunches Swiss chard about 1 pound, leaves removed, tender stems sliced thinly
- 1/2 teaspoon freshly grated nutmeg
- 1 tablespoon flour
- 1 1/2 cups half and half
- 30 ounces white beans drained and rinsed
- 1 1/2 cups fresh breadcrumbs
- 2 ounces finely grated Parmesan cheese about 1 cup

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 8 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 470 milligrams
9. Sugar: 2 grams

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