

# Swiss Chard and Root Veggie Gratin

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/turnip-parsnip-swiss-chard-potato-recipe>

## Ingredients:

- 2 pounds turnips or rutabagas, or a combination of the two
- 1/2 stick organic butter
- 1 onion chopped
- 3 pounds Swiss chard or other dark, leafy green
- 2 cups whole milk organic
- 2 garlic cloves minced
- 2 tablespoons whole wheat flour
- 3 tablespoons fresh thyme minced
- 1 1/4 cups cheese coarsely grated Gruyère

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 80 milligrams
4. Fat: 27 grams
5. Fiber: 13 grams
6. Protein: 23 grams
7. SaturatedFat: 17 grams
8. Sodium: 1230 milligrams
9. Sugar: 20 grams

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