



Cabbage-and-Yukon Gold Potato Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound baking potato peeled sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic clove chopped
- ☐ 1.5 pounds cabbage green 1-inch-thick sliced ()
- ☐ 1.3 cups milk 1% low-fat

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 2 tablespoons teaspoons rubbed sage dried fresh chopped
- ☐ 1 teaspoon salt

Equipment

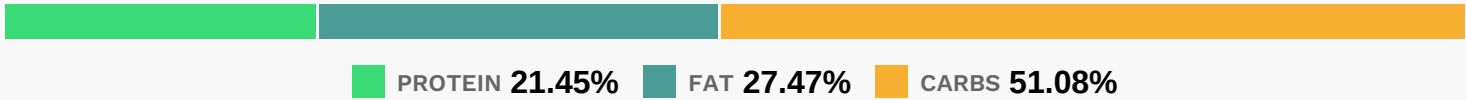
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ casserole dish
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Place potato in a large Dutch oven, and cover with water. Bring potato to a boil, and cook for 6 minutes or until tender.
- ☐ Remove potato with a slotted spoon, reserving cooking liquid in pan.
- ☐ Place potato in a large bowl, and set aside.
- ☐ Add cabbage to the cooking liquid in pan, and cook for 5 minutes.
- ☐ Drain well.
- ☐ Add the cabbage to potato.
- ☐ Melt the butter in a small skillet over medium heat; add sage and garlic. Cook for 1 minute, stirring constantly. Stir the chopped sage mixture, salt, and pepper into potato mixture. Spoon potato mixture into a 2 1/2-quart casserole dish coated with cooking spray.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.

- ☐ Combine flour, milk, and remaining ingredients, and stir with a whisk.
- ☐ Pour milk mixture over potato mixture (do not stir).
- ☐ Bake at 350 for 50 minutes or until casserole is lightly browned.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:16.32, Inflammation Score:-6, Nutrition Score:19.334347745647%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 224.9kcal (11.25%), Fat: 7.04g (10.83%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 25.15g (9.15%), Sugar: 6.98g (7.76%), Cholesterol: 78.9mg (26.3%), Sodium: 614.53mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.74%), Vitamin K: 99.64µg (94.89%), Vitamin C: 46.18mg (55.98%), Calcium: 274.96mg (27.5%), Vitamin B6: 0.5mg (25%), Phosphorus: 245.01mg (24.5%), Folate: 84.26µg (21.07%), Manganese: 0.4mg (19.85%), Vitamin B2: 0.33mg (19.2%), Potassium: 653.98mg (18.69%), Selenium: 12.86µg (18.38%), Fiber: 4.31g (17.22%), Vitamin B1: 0.23mg (15.48%), Magnesium: 48.85mg (12.21%), Iron: 2.07mg (11.49%), Vitamin B12: 0.61µg (10.19%), Vitamin B5: 0.99mg (9.89%), Vitamin A: 485.18IU (9.7%), Zinc: 1.35mg (8.97%), Vitamin B3: 1.6mg (8.01%), Copper: 0.14mg (6.75%), Vitamin D: 0.96µg (6.41%), Vitamin E: 0.5mg (3.31%)