

SIDE DISH

Cabbage Au Gratin

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	30 min	45 min	6	\$0.78	450 kcal



Cabbage Au Gratin takes around 1 hour and 15 minutes from beginning to end. One portion of this dish contains around 14g of protein, 32g of fat, and a total of 450 calories. For 78 cents per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. This recipe serves 6.

Ingredients

- ☐ 12 slices American cheese
- ☐ 2 medium heads cabbage, quartered with hearts removed
- ☐ 1 pinch ground black pepper
- ☐ 2 cups milk
- ☐ 4 quarts boiling water
- ☐ 1 cup bread crumbs (optional)
- ☐ ½ cup all-purpose flour
- ☐ ½ cup margarine
- ☐ 1 pinch salt

EQUIPMENT Sauce pan, Oven, Pot, Baking pan

Method

- 1 Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.
- 2 Place cabbage in a large pot of boiling water. Cook until tender, drain and set aside.
- 3 Melt butter in a saucepan, then add flour stirring constantly. Gradually add 2 cups of milk. Stir on medium heat until thickened.
- 4 Layer cabbage in bottom of the prepared baking dish.
- 5 Pour 1/3 of white sauce over cabbage. Arrange six slices of cheese on that. Repeat, ending with white sauce.
- 6 Bake in an oven at 375 degrees F (190 degrees C) oven for 45 minutes or until bubbly and browned.
- 7 Let stand 5 minutes. Slice and enjoy.

Nutrition per serving

450	14 g	32 g	26 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12.5 g · 78% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			6 g · 7% of daily needs
Sodium			1,081 mg · 47% of daily needs
Cholesterol			51.8 mg · 17% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/cabbage-au-gratin-144646