



Cauliflower-Leek Kugel with Almond-Herb Crust

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 8 cups cauliflower florets (from 2 medium heads of cauliflower)
- ☐ 3 large eggs
- ☐ 0.5 cup optional: dill fresh divided chopped
- ☐ 0.5 cup parsley fresh divided chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 4 cups leek white green coarsely chopped (and pale parts; from 3 large)

- ☐ 6 tablespoons matzo meal unsalted
- ☐ 6 tablespoons olive oil divided
- ☐ 1.5 teaspoons salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Cook cauliflower in large pot of boiling salted water until tender, about 10 minutes.
- ☐ Drain; transfer to large bowl and mash coarsely with potato masher.
- ☐ Heat 3 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add leeks and sauté until tender and just beginning to color, about 5 minutes.
- ☐ Add leek mixture to cauliflower.
- ☐ Mix in matzo meal. Beat eggs, 1 tablespoon parsley, 1 tablespoon dill, salt, and pepper in small bowl to blend; stir into cauliflower mixture.
- ☐ Brush 11x7-inch baking dish with 1 tablespoon oil.
- ☐ Spread cauliflower mixture evenly in prepared dish.
- ☐ Mix almonds, remaining 7 tablespoons parsley, 7 tablespoons dill, and 2 tablespoons oil in medium bowl to blend.
- ☐ Sprinkle evenly over kugel. (Can be made 8 hours ahead. Cover and chill.)
- ☐ Preheat oven to 350°F.
- ☐ Bake kugel uncovered until set in center and beginning to brown on top, about 35 minutes.
- ☐ Let stand 10 minutes.

Nutrition Facts



PROTEIN 11.53% **FAT 57.17%** **CARBS 31.3%**

Properties

Glycemic Index:19.13, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:19.90434788621%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 238.83kcal (11.94%), Fat: 15.84g (24.37%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 15.52g (5.65%), Sugar: 4.03g (4.48%), Cholesterol: 69.75mg (23.25%), Sodium: 505.74mg (21.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Vitamin K: 104.52µg (99.54%), Vitamin C: 61.02mg (73.97%), Manganese: 0.62mg (30.97%), Vitamin A: 1386.42IU (27.73%), Folate: 108.32µg (27.08%), Vitamin E: 3.76mg (25.05%), Vitamin B6: 0.35mg (17.28%), Fiber: 3.99g (15.95%), Vitamin B2: 0.26mg (15.38%), Iron: 2.64mg (14.67%), Potassium: 501.36mg (14.32%), Selenium: 9.82µg (14.03%), Phosphorus: 136.35mg (13.63%), Magnesium: 51.39mg (12.85%), Vitamin B5: 1.11mg (11.06%), Copper: 0.18mg (9.18%), Calcium: 87.97mg (8.8%), Vitamin B1: 0.13mg (8.7%), Vitamin B3: 1.3mg (6.52%), Zinc: 0.87mg (5.81%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%)