



 **56%**
HEALTH SCORE

Creamed Kale with Caramelized Shallots

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons flour all-purpose
- 3 pounds kale
- 3 cups milk
- 1 pinch nutmeg freshly grated
- 3 tablespoons onion spanish finely chopped
- 4 servings salt and pepper freshly ground
- 10 shallots peeled sliced
- 2 tablespoons sugar

- 3 tablespoons butter unsalted
- 6 tablespoons butter unsalted

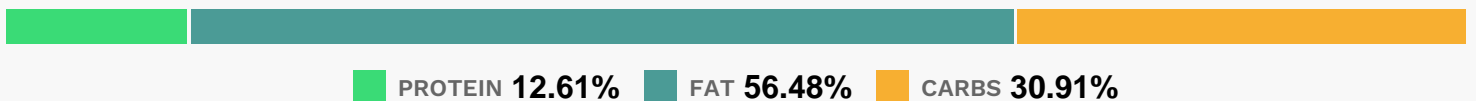
Equipment

- sauce pan
- whisk
- pot
- colander

Directions

- Watch how to make this recipe.
- Heat the butter in a medium saucepan over medium heat.
- Add the onions and cook until soft.
- Whisk in the flour and cook for 2 to 3 minutes, not allowing the mixture to obtain any color.
- Whisk in the warm milk and cook until thickened. Season with nutmeg and salt and pepper, to taste. Keep warm until ready to use.
- Meanwhile, bring a medium pot of salted water to a boil.
- Add the kale and cook until tender, about 10 to 15 minutes.
- Drain in a colander and then return to pot.
- Add cream sauce and cook until flavors meld, about 2 minutes. Season with salt and pepper, to taste. Plate creamed kale and then top with Caramelized Shallots.
- Melt the butter and sugar in a medium saucepan over medium heat.
- Add the shallots, season with salt and pepper, and cook until they begin to brown all over, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:85.52, Glycemic Load:13.64, Inflammation Score:-10, Nutrition Score:47.470869520436%

Flavonoids

Isorhamnetin: 80.66mg, Isorhamnetin: 80.66mg, Isorhamnetin: 80.66mg, Isorhamnetin: 80.66mg Kaempferol: 159.26mg, Kaempferol: 159.26mg, Kaempferol: 159.26mg, Kaempferol: 159.26mg Quercetin: 78.34mg, Quercetin: 78.34mg, Quercetin: 78.34mg, Quercetin: 78.34mg

Nutrients (% of daily need)

Calories: 547.61kcal (27.38%), Fat: 36.71g (56.48%), Saturated Fat: 20.28g (126.74%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 28.91g (10.51%), Sugar: 22.85g (25.39%), Cholesterol: 89.68mg (29.9%), Sodium: 455.11mg (19.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.89%), Vitamin K: 1330.06µg (1266.72%), Vitamin A: 35071.96IU (701.44%), Vitamin C: 323.3mg (391.88%), Manganese: 2.49mg (124.45%), Calcium: 1123.08mg (112.31%), Vitamin B2: 1.49mg (87.49%), Fiber: 16.28g (65.12%), Folate: 245.02µg (61.26%), Potassium: 1692.69mg (48.36%), Phosphorus: 425.78mg (42.58%), Vitamin B6: 0.84mg (42.01%), Vitamin B1: 0.57mg (38.3%), Magnesium: 150.43mg (37.61%), Iron: 6.49mg (36.05%), Vitamin B3: 4.69mg (23.44%), Vitamin E: 3.1mg (20.65%), Vitamin B12: 1.04µg (17.36%), Vitamin D: 2.49µg (16.57%), Zinc: 2.41mg (16.09%), Selenium: 9.59µg (13.7%), Copper: 0.26mg (12.82%), Vitamin B5: 1.24mg (12.42%)