



## Curried Cabbage & Kale Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

### Ingredients

- 2 tbsp fat such as tallow, chicken fat, duck fat or butter, but if you are going vegetarian route, olive oil will do nicely
- 2 slices bacon thick-cut cut into 1/2" wide strips flavored
- 1 large leek dark green thick rinsed sliced in half lengthwise, out, and sliced 1/4"
- 3 cloves garlic
- 1 tsp curry powder
- 1 small cabbage cored sliced quartered thin
- 1 bunch kale coarsely chopped
- 0.5 cup cabbage for braising the cabbages

- 8 servings pepper black freshly ground to taste
- 2 sprigs thyme sprigs fresh
- 3 large eggs
- 0.5 cup milk
- 1 cup breadcrumbs white
- 1 cup gruyere cheese grated
- 2 tbsp butter melted for topping

## Equipment

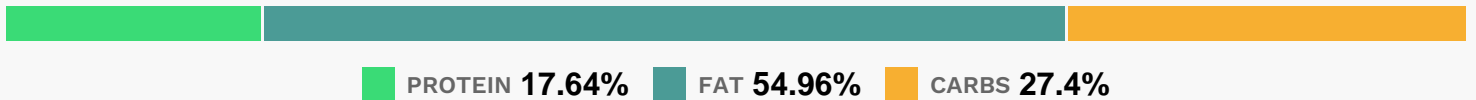
- bowl
- frying pan
- oven
- whisk
- casserole dish
- dutch oven

## Directions

- Heat the cooking fat in a large deep skillet or a Dutch oven, over medium heat
- Add bacon strips, leek and garlic at the same time and saute for a few minutes, until leeks are fragrant, and bacon is golden brown.
- Add curry spice and stir well to coat the onions and bacon.
- Add thyme and cabbage and saute for a few minutes, until cabbage releases some of the juice.
- Add kale and water. Stir everything very well, add salt and pepper, about 1/2 tsp each. Stir again and let cook over medium heat, until water evaporates and vegetables wilt nicely, and cabbage becomes translucent. It should still retain a bit of a light crunch.
- Remove from heat.
- Whisk eggs and milk in a separate bowl.
- Add about 1/2 cup bread crumbs and 1/2 the cheese. Stir well.
- Add egg mix to the cabbage mix and stir until well distributed.

- Heat the oven to 375F.
- In a casserole dish spread a handful of bread crumbs on the bottom.
- Fold out the gratin mix into the casserole and spread evenly.
- Coat with remaining cheese and bread crumbs uniformly.
- Drizzle melted butter on top.
- Bake for 35–40 minutes, or until top is nicely browned.

## Nutrition Facts



### Properties

Glycemic Index:44, Glycemic Load:2.22, Inflammation Score:-9, Nutrition Score:20.612173913043%

### Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

### Taste

Sweetness: 19.7%, Saltiness: 100%, Sourness: 34.97%, Bitterness: 31.14%, Savoriness: 53.53%, Fattiness: 55.9%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 273.56kcal (13.68%), Fat: 16.99g (26.15%), Saturated Fat: 8.04g (50.23%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 15.09g (5.49%), Sugar: 5.28g (5.87%), Cholesterol: 104.03mg (34.68%), Sodium: 336.34mg (14.62%), Protein: 12.27g (24.55%), Vitamin K: 141.88µg (135.12%), Vitamin C: 51.56mg (62.5%), Vitamin A: 2288.7IU (45.77%), Calcium: 311.71mg (31.17%), Manganese: 0.49mg (24.52%), Phosphorus: 223.59mg (22.36%), Folate: 83.02µg (20.75%), Selenium: 13.73µg (19.62%), Vitamin B2: 0.31mg (18.43%), Vitamin B1: 0.26mg (17.14%), Fiber: 3.98g (15.93%), Vitamin B6: 0.27mg (13.48%), Iron: 2.11mg (11.73%), Zinc: 1.49mg (9.93%), Potassium: 347.27mg (9.92%), Vitamin B12: 0.59µg (9.9%), Magnesium: 37.76mg (9.44%), Vitamin B3: 1.64mg (8.22%), Vitamin B5: 0.78mg (7.84%), Vitamin E: 0.79mg (5.29%), Copper: 0.1mg (5.18%), Vitamin D: 0.74µg (4.96%)