



Curry Kale and Potato Galette



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 teaspoons curry powder
- ☐ 1 garlic clove chopped
- ☐ 1 pinch ground ginger to taste
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 teaspoon ground turmeric
- ☐ 1 bunch kale coarsely chopped
- ☐ 1 teaspoon olive oil

- ☐ 1 onion finely chopped
- ☐ 3 potatoes peeled thinly sliced

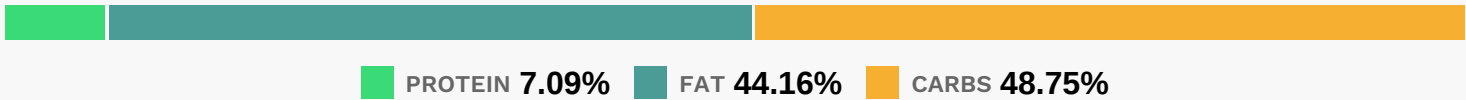
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a 2-quart casserole dish.
- ☐ Heat olive oil in skillet over medium heat; cook and stir onion and garlic until onion is softened, about 5 minutes.
- ☐ Add curry powder, turmeric, ginger, and cayenne pepper; stir to coat.
- ☐ Add kale; cover and simmer, stirring occasionally, until kale is tender and wilted, 5 to 10 minutes.
- ☐ Cover the bottom of the prepared casserole dish with a layer of potato slices; top with a layer of kale mixture. Season with salt and black pepper. Continue layering with remaining potatoes and kale mixture, ending with a potato layer.
- ☐ Pour melted butter over top layer of potatoes.
- ☐ Bake in the preheated oven until potatoes are tender and slightly browned around the edges, about 35 minutes.
- ☐ Sprinkle with Cheddar cheese and cook until cheese is melted, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:21.14, Inflammation Score:-10, Nutrition Score:21.146956232579%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg Kaempferol: 16.67mg, Kaempferol: 16.67mg, Kaempferol: 16.67mg, Kaempferol: 16.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg

Nutrients (% of daily need)

Calories: 262.5kcal (13.13%), Fat: 13.36g (20.55%), Saturated Fat: 7.58g (47.39%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 27.38g (9.95%), Sugar: 2.73g (3.04%), Cholesterol: 30.5mg (10.17%), Sodium: 120.03mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Vitamin K: 132.73µg (126.41%), Vitamin C: 64.34mg (77.99%), Vitamin A: 3615.53IU (72.31%), Manganese: 0.62mg (30.9%), Vitamin B6: 0.58mg (29.14%), Potassium: 862.26mg (24.64%), Fiber: 5.8g (23.2%), Magnesium: 54.47mg (13.62%), Folate: 53.14µg (13.29%), Iron: 2.37mg (13.15%), Phosphorus: 126.53mg (12.65%), Vitamin B1: 0.18mg (12.19%), Calcium: 119.01mg (11.9%), Vitamin B3: 2.18mg (10.88%), Copper: 0.22mg (10.77%), Vitamin B2: 0.18mg (10.66%), Vitamin E: 0.95mg (6.31%), Vitamin B5: 0.56mg (5.58%), Zinc: 0.72mg (4.82%), Selenium: 1.38µg (1.98%)