



Kale and Cauliflower Casserole

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons butter cut into pats
- ☐ 0.5 head cauliflower cored cut into florets
- ☐ 1 bunch kale chopped (6 ounce bunch)
- ☐ 6 servings kosher salt
- ☐ 1 large leek white green chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan freshly grated

- ☐ 1.5 pounds potatoes red scrubbed quartered well
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.8 cup milk whole

Equipment

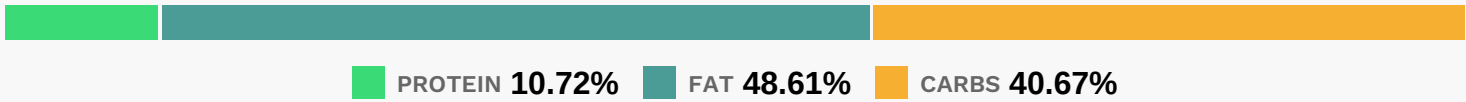
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Add the potatoes and cauliflower to a large pot and cover with cold water. Season with a big pinch of salt and bring to a boil. Reduce the heat to a simmer and cook until tender, 15 to 20 minutes.
- ☐ Drain the potatoes and cauliflower in a colander.
- ☐ Add the chopped leek to a small bowl and cover with water.
- ☐ Let sit and soak for a few minutes to remove all the grit.
- ☐ Drain well and pat dry with paper towels.
- ☐ Heat the olive oil in a large skillet.
- ☐ Add the leeks and saute until tender, 3 to 4 minutes. Season with salt and pepper.
- ☐ Add the kale and saute until wilted down and softened, about 5 minutes longer.
- ☐ Add the milk to the skillet and bring up to a simmer. Stir in the drained potatoes and cauliflower and mash all together. Stir in the sour cream and Parmesan for some extra flavor. Taste and adjust the flavor as needed.
- ☐ Add the whole shebang to a 2-quart baking dish and dot with the butter.

Bake until golden brown on top, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:19.892173995142%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 242.89kcal (12.14%), Fat: 13.65g (20.99%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 21.63g (7.86%), Sugar: 5.07g (5.63%), Cholesterol: 24.07mg (8.02%), Sodium: 355.45mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin K: 105.84µg (100.8%), Vitamin C: 54.98mg (66.64%), Vitamin A: 2698.43IU (53.97%), Potassium: 829.42mg (23.7%), Manganese: 0.47mg (23.25%), Vitamin B6: 0.38mg (18.77%), Calcium: 187.15mg (18.72%), Folate: 71.87µg (17.97%), Phosphorus: 178.08mg (17.81%), Fiber: 4.07g (16.27%), Vitamin B2: 0.22mg (13.1%), Magnesium: 50.48mg (12.62%), Vitamin B1: 0.17mg (11.39%), Copper: 0.21mg (10.27%), Iron: 1.77mg (9.83%), Vitamin B3: 1.92mg (9.6%), Vitamin B5: 0.86mg (8.59%), Vitamin E: 1.18mg (7.89%), Zinc: 0.89mg (5.96%), Selenium: 3.24µg (4.63%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.36µg (2.38%)