



Kale and Olive Egg Bake



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 4 cups kale fresh packed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup olives mixed pitted halved
- ☐ 1 cup milk
- ☐ 2 eggs

☐ 0.5 cup frangelico

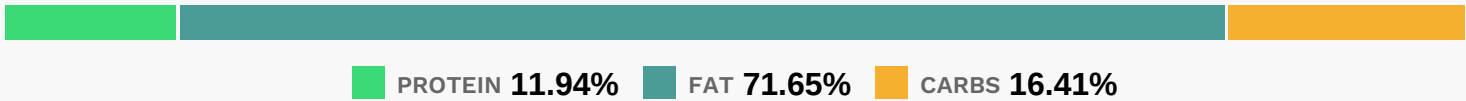
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 350°F. Spray 9-inch quiche dish or glass pie plate with cooking spray.
- ☐ In large skillet, heat butter and oil over medium heat.
- ☐ Add onion; cook 2 to 3 minutes, stirring occasionally, until soft.
- ☐ Add kale and salt. Cook 2 to 3 minutes, stirring occasionally, until kale begins to wilt. Spoon mixture into quiche dish. Top with olives.
- ☐ In medium bowl, beat Bisquick mix, milk and eggs with whisk.
- ☐ Pour over kale and olive mixture.
- ☐ Bake uncovered 30 to 40 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:9.2599999645482%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 131.34kcal (6.57%), Fat: 10.77g (16.57%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.15g (1.51%), Sugar: 3.32g (3.69%), Cholesterol: 69.47mg (23.16%), Sodium: 444.11mg (19.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin K: 56.76µg (54.06%), Vitamin A: 1705.05IU (34.1%), Vitamin C: 15.05mg (18.24%), Calcium: 107.04mg (10.7%), Vitamin B2: 0.18mg (10.66%), Phosphorus: 87.12mg (8.71%), Selenium: 5.68µg (8.12%), Vitamin E: 1.14mg (7.63%), Manganese: 0.13mg (6.64%), Vitamin B12: 0.36µg (5.97%), Fiber: 1.4g (5.59%), Vitamin B6: 0.11mg (5.3%), Folate: 21.12µg (5.28%), Potassium: 174.8mg (4.99%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.43mg (4.3%), Vitamin B1: 0.06mg (3.95%), Magnesium: 15.26mg (3.82%), Iron: 0.61mg (3.37%), Zinc: 0.47mg (3.1%), Copper: 0.04mg (2.12%), Vitamin B3: 0.28mg (1.39%)