



Kale and Potato Purée

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cup heavy whipping cream
- ☐ 2 pounds crossing over quintessential american desserts chopped
- ☐ 1.5 pounds potato boiling

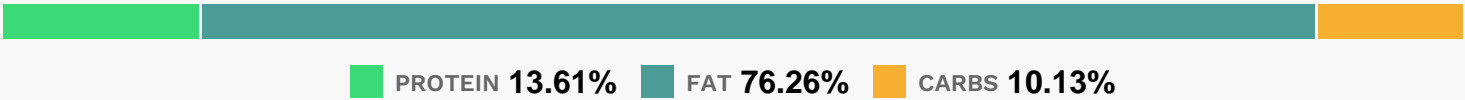
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook kale in a pot of boiling salted water (1 1/2 tablespoons salt for 4 quarts water), uncovered, until tender, about 7 minutes.
- ☐ Drain kale, then immediately transfer to an ice bath to stop cooking. When kale is cool, drain but do not squeeze.
- ☐ While kale cooks, peel potatoes and cut into 1/2-inch pieces. Simmer in cream with 1/2 teaspoon salt and 1/4 teaspoon pepper in a heavy medium saucepan, covered, stirring occasionally, until tender, 15 to 20 minutes.
- ☐ Purée potato mixture with kale in 2 batches in a food processor until just smooth (use caution when blending hot liquids).
- ☐ Transfer to a 4-to 5-quart heavy saucepan and cook over low heat, stirring frequently, until heated through. Season with salt and pepper.
- ☐ Purée can be made 1 day ahead and chilled. Reheat over low heat, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:14.358260911444%

Flavonoids

Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 629.24kcal (31.46%), Fat: 53.83g (82.81%), Saturated Fat: 28.05g (175.32%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 14.65g (5.33%), Sugar: 2.83g (3.15%), Cholesterol: 152.28mg (50.76%), Sodium: 91.47mg (3.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.22%), Zinc: 4.79mg (31.93%), Vitamin B12: 1.85µg (30.88%), Selenium: 21.6µg (30.86%), Vitamin B6: 0.58mg (29.14%), Vitamin B3: 5.33mg (26.66%), Phosphorus: 222.47mg (22.25%), Vitamin B2: 0.38mg (22.14%), Potassium: 690.7mg (19.73%), Vitamin A: 902.15IU (18.04%), Iron: 2.53mg (14.05%), Vitamin B1: 0.17mg (11.06%), Magnesium: 42.15mg (10.54%), Copper: 0.19mg (9.43%), Vitamin C: 7.67mg (9.3%), Vitamin D: 1.18µg (7.86%), Manganese: 0.12mg (6.03%), Calcium: 59.11mg (5.91%), Vitamin K: 6.07µg (5.78%), Fiber: 1.45g (5.78%), Folate: 21.09µg (5.27%), Vitamin B5: 0.39mg (3.89%), Vitamin E: 0.56mg (3.71%)