



## Kale, Mushroom, and Cheddar Bake



Vegetarian



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 bunch destemmed lacinato/dinosaur kale thinly sliced (7 oz or 200 g) (dinosaur or Tuscan kale)
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 140 g cremini mushrooms finely chopped
- ☐ 1 cup onion yellow thinly sliced
- ☐ 185 grams ciabatta bread cut into 1/ slices
- ☐ 3 large eggs
- ☐ 375 ml milk

☐ 112 g cheddar cheese    grated

## Equipment

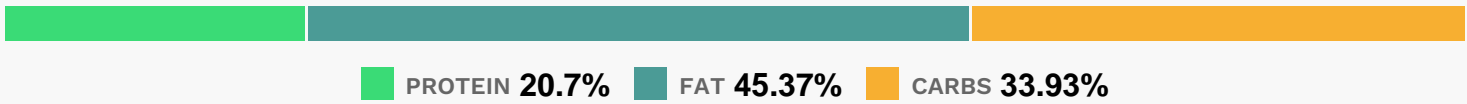
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ casserole dish
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ an 8-inch square baking dish with a little olive oil and set aside.
- ☐ Heat the olive oil in a large skillet on medium heat.
- ☐ Add the thinly sliced kale and cook until just wilted, about 2 to 3 minutes.
- ☐ Add the onions and mushrooms, and add salt and pepper to taste. Increase the heat to medium high and cook, stirring frequently, until the mushrooms have released their moisture and the onions are translucent, 3 to 5 minutes.
- ☐ Remove from heat and let cool for 5 minutes.
- ☐ Whisk milk and eggs: In a medium bowl, whisk together the milk and eggs.
- ☐ Layer casserole dish with bread, kale mushroom mix, cheese: Line the bottom of the casserole pan with one third of the thinly sliced bread.
- ☐ Spread one half of the kale mushroom onion mixture over the bread.
- ☐ Sprinkle one third of the cheddar cheese over the top.
- ☐ Lay down the second third of the bread slices.
- ☐ Top again with the remaining kale mixture, and then with a third of the cheese.
- ☐ Lay the remaining slices of bread over the top.
- ☐ Pour the milk egg mixture over the bread, pressing down with a spatula so that the milk is absorbed by the casserole layers.

- ☐
- Sprinkle the top with the remaining cheddar cheese. (At this point you can chill overnight for making ahead, or continue.)
- ☐
- Let the casserole sit for about 15 minutes to further absorb the milk while you preheat the oven to 350°F (180°C). Cover with foil.
- ☐
- Bake covered for 30 minutes, then remove the foil and bake an additional 25 to 30 minutes, until the cheese is golden and bubbly.
- ☐
- Let the casserole sit for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:23.396521775619%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 11.96mg, Isorhamnetin: 11.96mg, Isorhamnetin: 11.96mg, Isorhamnetin: 11.96mg Kaempferol: 21.23mg, Kaempferol: 21.23mg, Kaempferol: 21.23mg, Kaempferol: 21.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg

Nutrients (% of daily need)

Calories: 273.62kcal (13.68%), Fat: 14.06g (21.63%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 20.85g (7.58%), Sugar: 5.15g (5.72%), Cholesterol: 119.4mg (39.8%), Sodium: 359.54mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.87%), Vitamin K: 177.89µg (169.42%), Vitamin A: 4923.04IU (98.46%), Vitamin C: 44mg (53.34%), Calcium: 350.36mg (35.04%), Vitamin B2: 0.56mg (33.14%), Selenium: 20.79µg (29.7%), Phosphorus: 260.74mg (26.07%), Manganese: 0.39mg (19.41%), Folate: 54.49µg (13.62%), Vitamin B12: 0.79µg (13.2%), Potassium: 446.98mg (12.77%), Zinc: 1.75mg (11.67%), Vitamin B5: 1.13mg (11.26%), Fiber: 2.8g (11.21%), Vitamin B6: 0.22mg (10.94%), Vitamin B1: 0.14mg (9.13%), Vitamin D: 1.34µg (8.96%), Magnesium: 35.56mg (8.89%), Copper: 0.18mg (8.85%), Vitamin B3: 1.55mg (7.73%), Iron: 1.36mg (7.55%), Vitamin E: 1.08mg (7.18%)