



Kohlrabi Ham Bake

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4 kohlrabi bulb diced peeled
- ☐ 8 ounces ham diced thick
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 egg yolks
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pinch mace (can substitute ground nutmeg)

☐ 4 servings salt and pepper black freshly ground

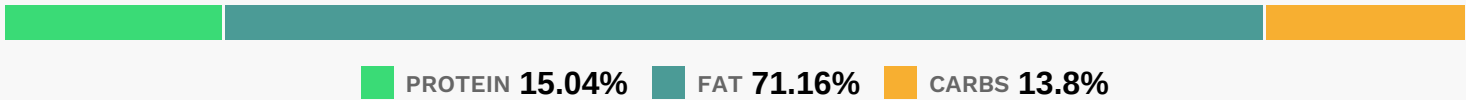
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Cook diced kohlrabi in butter: Preheat oven to 350°F. In a large skillet, melt the butter on medium heat.
- ☐ Add the diced kohlrabi and gently cook for 8 to 10 minutes.
- ☐ Beat the egg yolk, and whisk in the heavy cream, flour, mace, salt and pepper until well combined.
- ☐ Place half of the cooked kohlrabi on the bottom of an oven-proof casserole dish.
- ☐ Layer on the diced ham and parsley. Top with the remaining kohlrabi.
- ☐ Pour the sauce ingredients over the kohlrabi and ham.
- ☐ Bake at 350°F for 30–35 minutes or until lightly browned on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:16.988260953323%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 438.24kcal (21.91%), Fat: 35.89g (55.22%), Saturated Fat: 20.47g (127.91%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 10.02g (3.64%), Sugar: 6.83g (7.59%), Cholesterol: 265.98mg (88.66%), Sodium: 860.43mg (37.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.14%), Vitamin C: 96.02mg (116.39%), Vitamin K: 35.86µg (34.15%), Vitamin A: 1555IU (31.1%), Fiber: 5.64g (22.58%), Potassium: 616.06mg (17.6%), Selenium: 11.78µg (16.83%), Phosphorus: 164.58mg (16.46%), Vitamin B6: 0.3mg (14.88%), Folate: 56.51µg (14.13%), Vitamin B2: 0.24mg (13.97%), Manganese: 0.27mg (13.26%), Vitamin E: 1.88mg (12.52%), Vitamin D: 1.68µg (11.21%), Copper: 0.22mg (11.14%), Calcium: 99.43mg (9.94%), Vitamin B1: 0.14mg (9.55%), Iron: 1.71mg (9.5%), Magnesium: 36mg (9%), Vitamin B5: 0.84mg (8.4%), Vitamin B12: 0.38µg (6.27%), Vitamin B3: 0.9mg (4.49%), Zinc: 0.56mg (3.75%)