



Kohlrabi Ham Bake

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

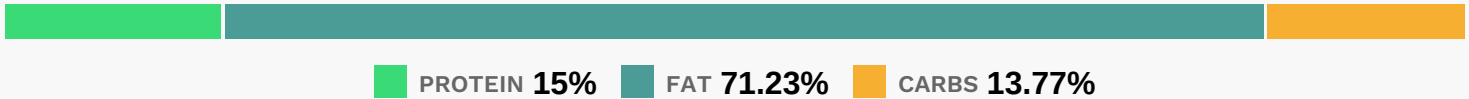
Equipment

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

Directions

- ☐ 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.2 Beat the egg yolk, and whisk in the heavy cream, flour, mace, salt and pepper until well combined.3
- ☐ 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.4
- ☐ Bake 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:16.911304276922%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg 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: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 439.28kcal (21.96%), Fat: 36.01g (55.41%), Saturated Fat: 20.54g (128.39%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 10.02g (3.64%), Sugar: 6.83g (7.59%), Cholesterol: 266.31mg (88.77%), Sodium: 861.34mg (37.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.13%), Vitamin C: 95.89mg

(116.23%), Vitamin K: 34.23µg (32.6%), Vitamin A: 1550.32IU (31.01%), Fiber: 5.64g (22.57%), Potassium: 615.54mg (17.59%), Selenium: 11.78µg (16.83%), Phosphorus: 164.56mg (16.46%), Vitamin B6: 0.3mg (14.87%), Folate: 56.37µg (14.09%), Vitamin B2: 0.24mg (13.97%), Manganese: 0.27mg (13.26%), Vitamin E: 1.88mg (12.54%), Vitamin D: 1.68µg (11.21%), Copper: 0.22mg (11.13%), Calcium: 99.33mg (9.93%), Vitamin B1: 0.14mg (9.55%), Iron: 1.7mg (9.46%), Magnesium: 35.96mg (8.99%), Vitamin B5: 0.84mg (8.4%), Vitamin B12: 0.38µg (6.28%), Vitamin B3: 0.9mg (4.48%), Zinc: 0.56mg (3.74%)