



Potato and Kale Cakes with Rouille

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



12

CALORIES



179 kcal

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1 teaspoon coarse kosher salt divided
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 large garlic clove finely chopped
- ☐ 2 garlic cloves pressed
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 pound kale coarsely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 3.5 tablespoons olive oil extra-virgin divided

- ☐ 1 cup onion chopped
- ☐ 1.5 pounds russet potatoes unpeeled scrubbed cut into 1-inch cubes
- ☐ 0.1 teaspoon paprika smoked
- ☐ 2 teaspoons tomato paste
- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.3 cup milk whole

Equipment

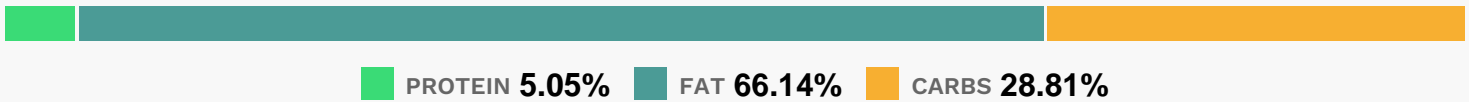
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk all ingredients in medium bowl. Season rouille to taste with salt and freshly ground black pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Cook potatoes in large saucepan of boiling salted water until tender, about 25 minutes.
- ☐ Drain; return potatoes to same saucepan.
- ☐ Add milk and butter. Mash potatoes (with peel) until smooth. Season with 1/2 teaspoon coarse salt and 1/2 teaspoon pepper.
- ☐ Transfer 3 cups mashed potatoesto large bowl and cool (reserve remaining potatoes for another use).
- ☐ Heat 1 1/2 tablespoons oil in large deep skillet over medium heat.
- ☐ Add onion and garlic. Sauté until onion softens, about 5 minutes. Increase heat to medium-high.
- ☐ Add kale and thyme. Toss until kale wilts,about 5 minutes.
- ☐ Add kale mixture, 1/2 teaspoon coarse salt, 1/2 teaspoon pepper, and nutmeg to potatoes; blend. Cool potato mixture 30 minutes.

- ☐
- Shape potato mixture by 1/4 cupfuls into 1/2-inch-thick patties. Arrange on rimmed baking sheet. DO AHEAD: Can be made up to 2 hours ahead.
- ☐
- Let stand at room temperature.
- ☐
- Heat 2 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐
- Add cakes and cook, without moving, until cakes are brown and crispy on bottom, 3 to 4 minutes. Carefully turn cakes over. Cook until brown on bottom, 2 to 3 minutes longer.
- ☐
- Transfer to plates. Top each cake with dollop of rouille.

Nutrition Facts



Properties

Glycemic Index:41.56, Glycemic Load:8.64, Inflammation Score:-9, Nutrition Score:11.531304351662%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg Kaempferol: 8.93mg, Kaempferol: 8.93mg, Kaempferol: 8.93mg, Kaempferol: 8.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 178.81kcal (8.94%), Fat: 13.49g (20.75%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 11.33g (4.12%), Sugar: 1.51g (1.67%), Cholesterol: 9.55mg (3.18%), Sodium: 276.81mg (12.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin K: 92.78µg (88.36%), Vitamin A: 2018.31IU (40.37%), Vitamin C: 23.26mg (28.2%), Manganese: 0.26mg (12.95%), Vitamin B6: 0.26mg (12.87%), Potassium: 349.22mg (9.98%), Vitamin E: 1.14mg (7.57%), Fiber: 1.89g (7.56%), Calcium: 70.34mg (7.03%), Vitamin B2: 0.1mg (6.05%), Folate: 23.17µg (5.79%), Magnesium: 22.99mg (5.75%), Iron: 1.01mg (5.63%), Phosphorus: 55.83mg (5.58%), Vitamin B1: 0.08mg (5.36%), Vitamin B3: 0.88mg (4.41%), Copper: 0.09mg (4.27%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.33mg (2.17%), Selenium: 0.96µg (1.37%)