



Bangers and Colcannon with Guinness Onion Gravy

♥ Popular

READY IN



60 min.

SERVINGS



4

CALORIES



843 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound bacon cut into 1 inch slices
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 0.3 small head cabbage thinly sliced
- ☐ 2 tablespoons flour
- ☐ 1 clove garlic chopped
- ☐ 4 green onions sliced

- ☐ 1 bottle guinness
- ☐ 4 servings milk to taste
- ☐ 2 tablespoons mustard
- ☐ 1 tablespoon oil
- ☐ 1 large onion sliced
- ☐ 4 servings bell pepper to taste
- ☐ 1 pound potatoes diced peeled
- ☐ 4 servings salt and pepper
- ☐ 1 pound sausage english canned (Irish or bangers if you can get them)
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 1 tablespoon worcestershire sauce

Equipment

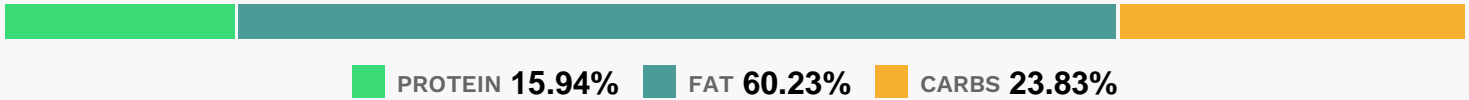
- ☐ frying pan

Directions

- ☐ Bring some water to boil, add the potatoes and simmer until fork tender, about 20-30 minutes. Meanwhile cook the bacon in a large pan over medium heat until it renders, about 3-5 minutes.
- ☐ Add the butter to the bacon, season with salt and pepper and cook until it foams, about a minute.
- ☐ Add the cabbage to the bacon, mix to coat and let cook until tender, about 10 minutes.
- ☐ Add the green onions to the cabbage, cook for 5 minutes, season with salt and pepper and set aside.
- ☐ Heat the oil in a pan over medium high heat.
- ☐ Add the sausage and cook until golden brown, about 2-4 minutes per side, and set them aside.
- ☐ Add the onions and saute until tender, about 5-7 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.

- ☐
- Sprinkle in the flour and let it cook for a few minutes.
- ☐
- Add the Guinness, mustard and Worcestershire sauce and brown sugar along with the sausage and simmer for 10 minutes.
- ☐
- Remove the sausage and continue to simmer to reduce by half about 10 minutes.Meanwhile, mash the poatatoes, mix in the cabbage followed by the butter, sour cream and enough milk until you get your favourite mashed potatoes consistency.Divide the colcannon between 4 plates, top with sausages and cover in gravy.

Nutrition Facts



Properties

Glycemic Index:129.19, Glycemic Load:23.56, Inflammation Score:-10, Nutrition Score:37.700000140978%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg

Nutrients (% of daily need)

Calories: 842.61kcal (42.13%), Fat: 56.8g (87.38%), Saturated Fat: 20.78g (129.86%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 43.93g (15.98%), Sugar: 22.61g (25.12%), Cholesterol: 138.93mg (46.31%), Sodium: 1378.9mg (59.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.81g (67.63%), Vitamin C: 141.5mg (171.52%), Vitamin K: 68.86µg (65.58%), Vitamin A: 3128.46IU (62.57%), Vitamin B6: 1.25mg (62.53%), Phosphorus: 570.89mg (57.09%), Vitamin B1: 0.76mg (50.52%), Vitamin B3: 9.18mg (45.9%), Potassium: 1565.63mg (44.73%), Vitamin B12: 2.44µg (40.59%), Vitamin B2: 0.67mg (39.63%), Calcium: 385.38mg (38.54%), Zinc: 4.62mg (30.77%), Vitamin D: 4.27µg (28.48%), Fiber: 6.63g (26.54%), Vitamin B5: 2.61mg (26.13%), Magnesium: 101.69mg (25.42%), Manganese: 0.5mg (24.76%), Folate: 95.83µg (23.96%), Selenium: 15.27µg (21.82%), Iron: 3.69mg (20.5%), Vitamin E: 2.53mg (16.84%), Copper: 0.28mg (14.2%)