



Colcannon

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



30 kcal

SIDE DISH

Ingredients

- 3 slices oscar mayer bacon cut into 1-inch pieces
- 1.5 lb baking potatoes peeled quartered (5)
- 2 Tbsp butter
- 4 cups cabbage shredded
- 0.5 cup milk warmed
- 1 small onion chopped
- 0.5 cup water

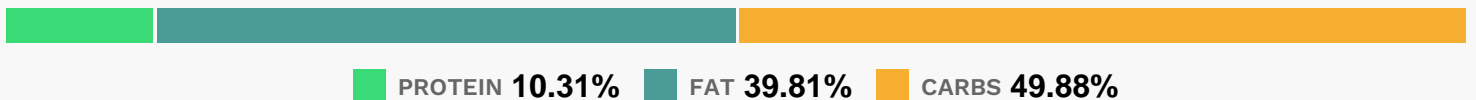
Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Cook potatoes in boiling water in large saucepan 20 min. or until tender.
- Meanwhile, cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels.
- Add onions to reserved drippings; cook and stir 2 min. or until crisp-tender.
- Add water; stir to release browned bits from bottom of skillet.
- Add cabbage; mix well. Cover; cook 7 min. or until cabbage is tender and water is cooked off, stirring occasionally.
- Drain potatoes; return to pan.
- Add butter. Mash potatoes until creamy, gradually adding milk.
- Add cabbage mixture and bacon; mix well.

Nutrition Facts



Properties

Glycemic Index:6.09, Glycemic Load:2.61, Inflammation Score:-1, Nutrition Score:1.5356521852638%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 29.69kcal (1.48%), Fat: 1.35g (2.08%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.55g (0.61%), Cholesterol: 2.98mg (0.99%), Sodium: 18.98mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin K: 5.69µg (5.42%), Vitamin C: 3.66mg

(4.44%), Vitamin B6: 0.08mg (3.79%), Potassium: 93.4mg (2.67%), Manganese: 0.04mg (2.02%), Phosphorus: 17.31mg (1.73%), Fiber: 0.43g (1.7%), Vitamin B1: 0.03mg (1.69%), Folate: 5.75µg (1.44%), Magnesium: 5.53mg (1.38%), Vitamin B3: 0.26mg (1.32%), Iron: 0.19mg (1.05%), Copper: 0.02mg (1.04%)