



Colcannon



Gluten Free



READY IN

ready

120 min.

SERVINGS

servings

6

CALORIES

calories

871 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 sticks butter
- ☐ 1 head cabbage shredded cored finely
- ☐ 1 pound bacon cooked
- ☐ 1.3 cups milk hot
- ☐ 6 servings parsley leaves chopped for garnish
- ☐ 3 pounds potatoes scrubbed
- ☐ 4 scallions finely chopped

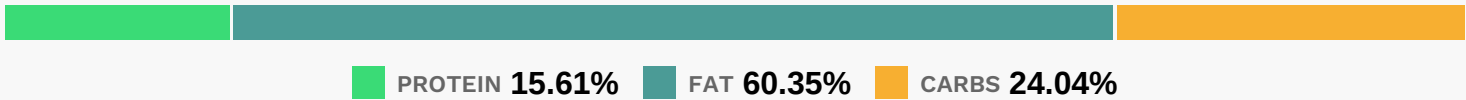
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Steam the potatoes in their skins for 30 minutes. Peel them using a knife and fork. Chop with a knife before mashing. Mash thoroughly to remove all the lumps.
- ☐ Add 1 stick of butter in pieces. Gradually add hot milk, stirring all the time. Season with a few grinds of black pepper.
- ☐ Boil the cabbage in unsalted water until it turns a darker color.
- ☐ Add 2 tablespoons butter to tenderize it. Cover with lid for 2 minutes.
- ☐ Drain thoroughly before returning it to the pan. Chop into small pieces.
- ☐ Put the ham in a large saucepan and cover with water. Bring to the boil and simmer for 45 minutes until tender.
- ☐ Drain.
- ☐ Remove any fat and chop into small pieces.
- ☐ Add cabbage, scallions, and ham to mashed potatoes, stirring them in gently.
- ☐ Serve in individual soup plates. Make an indentation on the top by swirling a wooden spoon. Put 1 tablespoon of butter into each indentation.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:51.96, Glycemic Load:32.29, Inflammation Score:-9, Nutrition Score:36.699130224145%

Flavonoids

Apigenin: 8.74mg, Apigenin: 8.74mg, Apigenin: 8.74mg, Apigenin: 8.74mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 871.09kcal (43.55%), Fat: 59.12g (90.95%), Saturated Fat: 29.5g (184.36%), Carbohydrates: 52.98g (17.66%), Net Carbohydrates: 43.85g (15.94%), Sugar: 9.3g (10.33%), Cholesterol: 161.93mg (53.98%), Sodium: 1575.96mg (68.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.41g (68.82%), Vitamin K: 204.44µg (194.7%), Vitamin C: 106.89mg (129.56%), Vitamin B6: 1.3mg (65.1%), Selenium: 40.86µg (58.37%), Vitamin B3: 10.85mg (54.24%), Phosphorus: 527.76mg (52.78%), Potassium: 1720.18mg (49.15%), Vitamin B1: 0.74mg (49.03%), Fiber: 9.14g (36.55%), Vitamin A: 1621.72IU (32.43%), Manganese: 0.64mg (31.99%), Folate: 113.71µg (28.43%), Magnesium: 104.38mg (26.1%), Zinc: 3.56mg (23.74%), Vitamin B2: 0.4mg (23.64%), Vitamin B5: 2.09mg (20.91%), Iron: 3.58mg (19.9%), Vitamin B12: 1.16µg (19.38%), Copper: 0.37mg (18.38%), Calcium: 179.35mg (17.94%), Vitamin E: 1.54mg (10.28%), Vitamin D: 0.86µg (5.74%)