



Colcannon

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

Ingredients

- 1 pieces bacon crisp cooked
- 8 servings butter
- 1 cabbage
- 6 spring onion chopped
- 1 cup milk
- 1 tablespoon parsley chopped
- 0.5 tsp pepper
- 1.5 pounds potatoes peeled

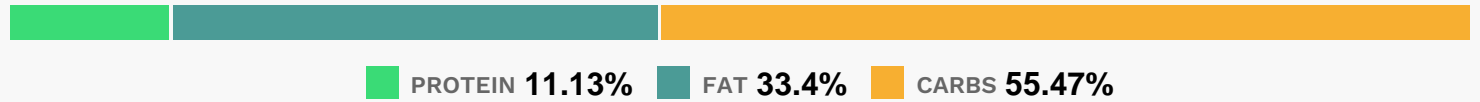
1 tablespoon salt

Equipment

Directions

Cut into top of cabbage and hollow it out, leaving 3–4 outside leaves intact, reserving the hollowed-out portion. Plunge the hollowed-out head into large amount of boiling water; simmer 5 minutes or until tender-crisp. It must hold its shape. Cool quickly in cold water; invert and drain. Chop reserved cabbage pieces, measure 1 1/2 cups. Stir fry in butter along with green onions until tender. Set aside. Boil and mash potatoes adding milk and seasonings. Stir in the sauteed mixture and parsley.

Nutrition Facts



Properties

Glycemic Index:38.97, Glycemic Load:13.22, Inflammation Score:-6, Nutrition Score:16.021304347826%

Flavonoids

Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Taste

Sweetness: 17.94%, Saltiness: 100%, Sourness: 24.49%, Bitterness: 26.97%, Savoriness: 40.71%, Fattiness: 53.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 162.85kcal (8.14%), Fat: 6.34g (9.75%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 18.68g (6.79%), Sugar: 5.98g (6.64%), Cholesterol: 16.23mg (5.41%), Sodium: 961.28mg (41.79%), Protein: 4.75g (9.51%), Vitamin K: 115.35µg (109.86%), Vitamin C: 60.65mg (73.52%), Vitamin B6: 0.42mg (21.2%), Fiber: 4.99g (19.96%), Potassium: 632.85mg (18.08%), Manganese: 0.35mg (17.33%), Folate: 69.1µg (17.28%), Phosphorus: 117.77mg (11.78%), Vitamin B1: 0.17mg (11.18%), Calcium: 102.72mg (10.27%), Magnesium: 39.56mg (9.89%), Vitamin A: 420.84IU (8.42%), Iron: 1.39mg (7.74%), Vitamin B2: 0.13mg (7.44%), Vitamin B3: 1.36mg (6.81%), Vitamin B5: 0.64mg (6.37%), Copper: 0.13mg (6.27%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.19µg (3.12%), Selenium: 1.84µg (2.63%), Vitamin E: 0.38mg (2.51%), Vitamin D: 0.35µg (2.31%)