



Colcannon



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 1 kg potatoes chopped
- ☐ 2 small carrots chopped
- ☐ 100 ml double cream
- ☐ 50 g butter
- ☐ 2 small turnip chopped
- ☐ 1 tbsp olive oil
- ☐ 100 g cabbage shredded

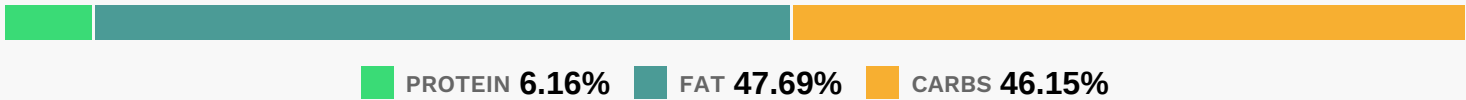
Equipment

- ☐ oven
- ☐ grill

Directions

- ☐ Boil the potatoes for 20 mins, adding carrots for the last 5 mins.
- ☐ Drain, spoon out the carrots, then mash the potatoes with cream and butter. Fry the carrots, turnips and garlic in oil for 10 mins; add the cabbage for the final 2 mins.
- ☐ Mix with the mash in an ovenproof dish and season. Can be made up to 1 day ahead.
- ☐ To serve, grill for 5–10 mins or, if made ahead, bake at 200C/180C fan/gas 6 for 20 mins.

Nutrition Facts



Properties

Glycemic Index:74.4, Glycemic Load:34.16, Inflammation Score:-10, Nutrition Score:21.75652147376%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 423.61kcal (21.18%), Fat: 23.06g (35.47%), Saturated Fat: 12.78g (79.86%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 42.83g (15.57%), Sugar: 5.84g (6.48%), Cholesterol: 55.29mg (18.43%), Sodium: 144.42mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Vitamin A: 4888.07IU (97.76%), Vitamin C: 66.43mg (80.52%), Vitamin B6: 0.84mg (41.98%), Potassium: 1260.18mg (36.01%), Fiber: 7.37g (29.5%), Vitamin K: 30.87µg (29.4%), Manganese: 0.5mg (24.97%), Phosphorus: 183.57mg (18.36%), Magnesium: 68.87mg (17.22%), Vitamin B1: 0.25mg (16.64%), Copper: 0.31mg (15.73%), Vitamin B3: 3.08mg (15.41%), Folate: 61.46µg (15.36%), Iron: 2.28mg (12.67%), Vitamin B5: 1mg (10%), Vitamin B2: 0.17mg (9.72%), Vitamin E: 1.26mg (8.41%), Calcium: 77.03mg (7.7%), Zinc: 0.98mg (6.56%), Selenium: 1.94µg (2.78%), Vitamin D: 0.4µg (2.68%), Vitamin B12: 0.06µg (1.02%)