



## Colcannon

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

## Ingredients

- ☐ 1 kg potatoes scrubbed well (cut any large ones in half)
- ☐ 100 g butter
- ☐ 140 g back bacon sliced finely chopped
- ☐ 1 small savoy cabbage shredded finely
- ☐ 150 ml double cream

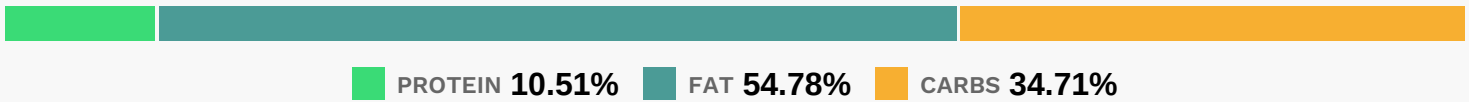
## Equipment

- ☐ sauce pan
- ☐ colander

# Directions

- ☐ Tip the potatoes into a large saucepan of water. Bring to the boil, then simmer for 15–20 mins, or until the flesh is tender when pierced.
- ☐ Meanwhile, heat quarter of the butter in a saucepan, then fry the bacon and half the cabbage for 5 mins (see Kevins tip, below, for how to use remaining cabbage). Turn off the heat and set aside.
- ☐ Drain potatoes in a colander and peel while still hot.
- ☐ Mash potato until smooth.
- ☐ Heat cream with remaining butter and, when almost boiling, beat into the potato.
- ☐ Add bacon and cabbage to potato and mix. Season if you want.

## Nutrition Facts



## Properties

Glycemic Index:27.63, Glycemic Load:22.05, Inflammation Score:-8, Nutrition Score:19.364347976187%

## Flavonoids

Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 390.4kcal (19.52%), Fat: 24.45g (37.61%), Saturated Fat: 14.92g (93.26%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 28.84g (10.49%), Sugar: 3.76g (4.18%), Cholesterol: 75.92mg (25.31%), Sodium: 356.08mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Vitamin C: 56.44mg (68.41%), Vitamin K: 57.2µg (54.47%), Vitamin B6: 0.74mg (36.79%), Vitamin A: 1546.19IU (30.92%), Potassium: 983.86mg (28.11%), Vitamin B1: 0.37mg (24.49%), Fiber: 6.01g (24.05%), Folate: 89.64µg (22.41%), Phosphorus: 202.07mg (20.21%), Manganese: 0.4mg (19.84%), Vitamin B3: 3.46mg (17.3%), Magnesium: 65.58mg (16.4%), Copper: 0.24mg (12.01%), Selenium: 7.94µg (11.34%), Vitamin B2: 0.17mg (9.95%), Iron: 1.79mg (9.94%), Vitamin B5: 0.84mg (8.39%), Zinc: 1.09mg (7.25%), Vitamin D: 1.06µg (7.04%), Calcium: 68.95mg (6.89%), Vitamin E: 0.81mg (5.42%), Vitamin B12: 0.22µg (3.75%)