



## Colcannon



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



516 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup green onions minced (including the green onion greens)
- ☐ 3 lightly cups of kale green packed chopped
- ☐ 1 cup milk
- ☐ 2 pounds russet potatoes peeled cut into large chunks
- ☐ 4 servings salt
- ☐ 5 Tbsp butter unsalted with more butter for serving)

## Equipment

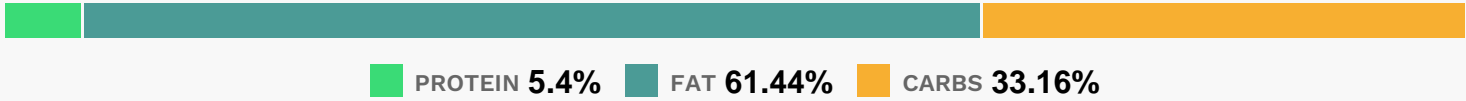
- ☐ pot

- ☐ potato masher
- ☐ stove
- ☐ colander

## Directions

- ☐ Put the potatoes in a medium pot and cover with cold water by at least an inch.
- ☐ Add 2 tablespoons of salt, and bring to a boil. Boil until the potatoes are fork tender (15 to 20 minutes).
- ☐ Drain in a colander.<sup>2</sup> Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3–4 minutes, or until they are wilted and have given off some of their water.
- ☐ Add the green onions and cook 1 minute more.<sup>3</sup>
- ☐ Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium. Use a fork or potato masher and mash the potatoes, mixing them up with the greens.
- ☐ Add salt to taste and serve hot, with a knob of butter in the center.

## Nutrition Facts



## Properties

Glycemic Index:37.19, Glycemic Load:32.43, Inflammation Score:-10, Nutrition Score:17.470434696778%

## Flavonoids

Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 515.62kcal (25.78%), Fat: 36.2g (55.7%), Saturated Fat: 22.88g (143%), Carbohydrates: 43.96g (14.65%), Net Carbohydrates: 40.35g (14.67%), Sugar: 3.51g (3.9%), Cholesterol: 105.4mg (35.13%), Sodium: 229.52mg (9.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.33%), Vitamin K: 65.28µg (62.17%), Vitamin A: 2269.29IU (45.39%), Vitamin B6: 0.82mg (41.18%), Potassium: 1069.78mg (30.57%), Vitamin C: 23.34mg (28.29%), Manganese: 0.43mg (21.61%), Phosphorus: 172.67mg (17.27%), Magnesium: 61.91mg (15.48%), Fiber: 3.61g (14.45%), Vitamin B1: 0.22mg (14.33%), Vitamin B2: 0.23mg (13.61%), Iron: 2.33mg (12.96%), Copper: 0.26mg (12.89%), Vitamin

B3: 2.56mg (12.78%), Folate: 47.78µg (11.94%), Calcium: 103.09mg (10.31%), Vitamin B5: 0.87mg (8.71%), Vitamin D: 1.22µg (8.12%), Vitamin E: 1.11mg (7.37%), Zinc: 0.9mg (5.99%), Selenium: 3.02µg (4.31%), Vitamin B12: 0.13µg (2.09%)