



## Colcannon Cakes



Vegetarian



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



814 kcal

## Ingredients

- ☐ 2.5 pounds russet potatoes peeled cut into large chunks
- ☐ 4 servings salt
- ☐ 5 tablespoons butter unsalted
- ☐ 3 lightly cups of chard packed chopped
- ☐ 0.5 cup green onion greens chopped
- ☐ 1 cup milk
- ☐ 1 cup flour
- ☐ 1 eggs
- ☐ 2 teaspoons salt

- ☐ 4 tablespoons vegetable oil
- ☐ 4 servings optional: lemon for garnish
- ☐ 3 cups colcannon
- ☐ 3 cups colcannon

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

## Directions

- ☐ Make the colcannon: Make the colcannon first (see our colcannon recipe.) Put potatoes in a pot, cover with cold, well salted water by an inch, bring to a boil, and cook until fork tender, about 15 to 20 minutes.
- ☐ Drain the potatoes and remove them from the pot. Melt the butter in the still warm pot, add the chopped greens, cook for 3-4 minutes until wilted, then add the green onions and cook for another minute.
- ☐ Add the potatoes, milk or cream to the pot, mash until everything is well mixed.
- ☐ Mix the egg, flour and salt in with the colcannon. You may want to chill the mixture for 15 minutes or longer to make it easier to shape the patties.
- ☐ Form into patties: Form into little cakes of whatever size you want, but make them flat so they will cook through without burning. If the mixture is too wet, add more flour until the mixture is easy to shape.
- ☐ Fry until golden:
- ☐ Heat the butter or vegetable oil in a large pan over medium-high heat. Working in batches, place the formed patties in the pan so they are not touching. Lower the heat to medium and gently fry until golden, about 3-4 minutes.
- ☐ Turn and cook the other side.
- ☐ Let the cakes rest on a paper towel while you cook the others.
- ☐ Serve with slices of lemon.

## Nutrition Facts



 **PROTEIN 6.48%**  **FAT 55.16%**  **CARBS 38.36%**

## Properties

Glycemic Index:62.31, Glycemic Load:58.1, Inflammation Score:-10, Nutrition Score:29.987391264542%

## Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 814.31kcal (40.72%), Fat: 50.97g (78.41%), Saturated Fat: 25.23g (157.7%), Carbohydrates: 79.77g (26.59%), Net Carbohydrates: 74.14g (26.96%), Sugar: 4.49g (4.99%), Cholesterol: 145.78mg (48.59%), Sodium: 1483.76mg (64.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.95%), Vitamin K: 358.04µg (340.99%), Vitamin A: 3702.13IU (74.04%), Vitamin B6: 1.08mg (54.04%), Potassium: 1472.4mg (42.07%), Manganese: 0.82mg (41%), Vitamin C: 33.38mg (40.46%), Vitamin B1: 0.52mg (34.6%), Folate: 118.76µg (29.69%), Iron: 5.03mg (27.96%), Magnesium: 110.17mg (27.54%), Phosphorus: 272.47mg (27.25%), Vitamin B2: 0.46mg (27.05%), Vitamin B3: 5.05mg (25.25%), Selenium: 17.5µg (24.99%), Fiber: 5.63g (22.5%), Copper: 0.43mg (21.64%), Vitamin E: 2.99mg (19.92%), Vitamin B5: 1.41mg (14.14%), Calcium: 121.19mg (12.12%), Zinc: 1.53mg (10.18%), Vitamin D: 1.43µg (9.56%), Vitamin B12: 0.22µg (3.71%)