



Colcannon (Irish Potato Salad)



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



509 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.7 cups green onion tops chopped
- ☐ 1 bunch kale stemmed coarsely chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 large leek—halved thinly sliced
- ☐ 1 head napa cabbage cored coarsely chopped
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 5 russet potatoes

- ☐ 0.3 teaspoons salt
- ☐ 4 large shallots thinly sliced
- ☐ 0.5 cup butter unsalted
- ☐ 0.3 cup milk whole

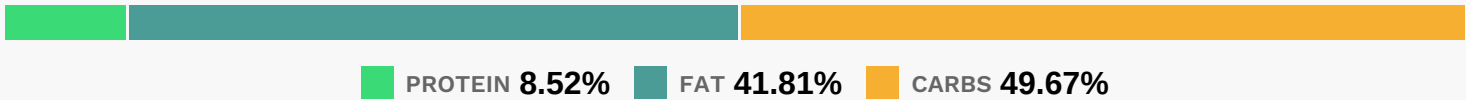
Equipment

- ☐ pot

Directions

- ☐ Cut and steam the potatoes until tender. Return to the still hot pot and add 1/4 cup butter, milk, kosher salt and 1/4 teaspoons pepper. Mash together.
- ☐ Melt the remaining butter in a large pot over medium heat.
- ☐ Add shallots and leeks.
- ☐ Saute until they begin to soften.
- ☐ Add the kale and toss until soft and wilted but still bright green, about 3 minutes.
- ☐ Add the cabbage and toss until tender-crisp, about 8 minutes.
- ☐ Sprinkle with nutmeg, salt and the remaining pepper.
- ☐ Mix the cabbage and mashed potatoes together well.
- ☐ Sprinkle with the green onion slices before serving.

Nutrition Facts



Properties

Glycemic Index:95.69, Glycemic Load:41.82, Inflammation Score:-10, Nutrition Score:37.558695471805%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 16.26mg, Kaempferol: 16.26mg, Kaempferol: 16.26mg, Kaempferol: 16.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.16mg, Quercetin: 9.16mg,

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Nutrients (% of daily need)

Calories: 508.5kcal (25.43%), Fat: 24.83g (38.2%), Saturated Fat: 15.14g (94.61%), Carbohydrates: 66.35g (22.12%), Net Carbohydrates: 57.13g (20.78%), Sugar: 9.09g (10.11%), Cholesterol: 62.84mg (20.95%), Sodium: 651.26mg (28.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.77%), Vitamin K: 275.67µg (262.54%), Vitamin C: 114.09mg (138.29%), Vitamin A: 5238.28IU (104.77%), Vitamin B6: 1.65mg (82.38%), Folate: 269.57µg (67.39%), Manganese: 1.31mg (65.26%), Potassium: 1961.98mg (56.06%), Fiber: 9.22g (36.87%), Calcium: 352.05mg (35.21%), Magnesium: 119.09mg (29.77%), Phosphorus: 281.39mg (28.14%), Vitamin B1: 0.39mg (26.22%), Iron: 4.56mg (25.33%), Copper: 0.44mg (22.24%), Vitamin B2: 0.37mg (21.73%), Vitamin B3: 4.3mg (21.49%), Vitamin B5: 1.27mg (12.75%), Zinc: 1.7mg (11.36%), Vitamin E: 1.49mg (9.91%), Selenium: 3.92µg (5.6%), Vitamin D: 0.59µg (3.96%), Vitamin B12: 0.13µg (2.18%)