

## Colcannon Puffs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons potato flour
- 0.5 teaspoon garlic powder
- 6 ounces kale
- 2 tablespoons nutritional yeast
- 1 teaspoon onion powder
- 1.5 pounds potatoes canned (you can peel if you want, but I didn't)
- 2 teaspoons salt to taste (or )

- 2 tablespoons soymilk
- 0.5 teaspoon thyme leaves

## Equipment

- food processor
- baking sheet
- baking paper
- oven
- mixing bowl
- pot
- slotted spoon

## Directions

- Cut the potatoes into small cubes (about 1/2-inch), put them in a large pot, and cover with water. Bring to a boil and cook until potatoes are tender. While the potatoes are cooking, remove the center stalk from the kale and slice the leaves into strips. When the potatoes are done, lift them out with a slotted spoon and place in a large mixing bowl.
- Put the kale into the potato water and cook for 6 minutes or until kale is tender.
- Remove kale with a slotted spoon to a food processor.
- Add 1/4 cup of the cooking liquid and pulse to chop fine. Preheat oven to 425 F. Mash the potatoes and add the kale and all remaining ingredients. Stir well. Using a well-rounded tablespoon, form into balls about 1 inch across.
- Place them on an oiled baking sheet or, preferably, a baking sheet covered with a silicone mat or parchment paper.
- Bake for 20 minutes. Carefully turn over and bake for 20 minutes more, until lightly browned.

## Nutrition Facts

 **PROTEIN 15.21%**  **FAT 5.35%**  **CARBS 79.44%**

## Properties

Glycemic Index:38.53, Glycemic Load:14.61, Inflammation Score:-9, Nutrition Score:16.867391369913%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 6.69mg, Isorhamnetin: 6.69mg, Isorhamnetin: 6.69mg, Isorhamnetin: 6.69mg Kaempferol: 14.17mg, Kaempferol: 14.17mg, Kaempferol: 14.17mg, Kaempferol: 14.17mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

## Nutrients (% of daily need)

Calories: 120.73kcal (6.04%), Fat: 0.75g (1.15%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 20.45g (7.44%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 801.38mg (34.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Vitamin K: 112.87µg (107.49%), Vitamin C: 49.63mg (60.15%), Vitamin A: 2862.41IU (57.25%), Vitamin B6: 0.42mg (20.79%), Manganese: 0.39mg (19.55%), Potassium: 668.35mg (19.1%), Fiber: 4.58g (18.31%), Calcium: 97.35mg (9.74%), Folate: 38.41µg (9.6%), Magnesium: 38.17mg (9.54%), Iron: 1.62mg (9%), Vitamin B1: 0.13mg (8.98%), Vitamin B3: 1.79mg (8.97%), Phosphorus: 87.13mg (8.71%), Vitamin B2: 0.15mg (8.68%), Copper: 0.15mg (7.74%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.49mg (3.29%), Vitamin E: 0.33mg (2.23%), Selenium: 0.85µg (1.22%)