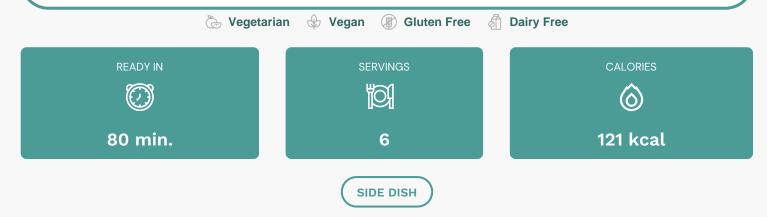


Colcannon Puffs



Ingredients

O.3 teaspoon pepper black freshly ground
2 tablespoons potato flour
O.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
Εq	uipment
	food processor
	baking sheet
	baking paper
	oven
	mixing bowl
	pot
	slotted spoon
Di	rections
	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 fore 20 minutes more, until lightly browned.
	Nutrition Facts
	PROTEIN 15.21% FAT 5.35% CARBS 79.44%

Properties

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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, 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: Omg (0%), Sodium: 801.38mg (34.84%), Alcohol: Og (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%)