



## Colcannon Skins

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



40

CALORIES



39 kcal

SIDE DISH

### Ingredients

- ☐ 4 tablespoons irish butter
- ☐ 20 creamer potatoes
- ☐ 1 bunch curly kale stemmed cut in chiffonade
- ☐ 40 servings kosher salt
- ☐ 4 scallions separated sliced thinly sliced
- ☐ 0.5 cup cup heavy whipping cream sour

### Equipment

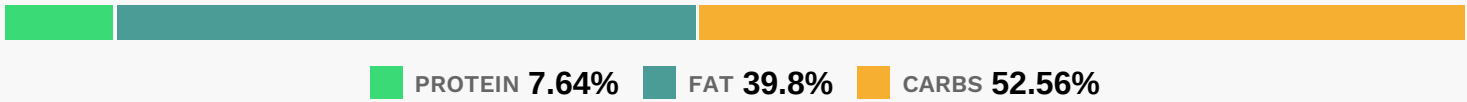
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ broiler
- ☐ serrated knife
- ☐ potato ricer
- ☐ melon baller

## Directions

- ☐ Preheat the oven to 350 degrees F. Roast the potatoes on a sheet pan until fork tender, and then let cool. When the potatoes are cool enough to handle, halve lengthwise with a serrated knife. Carefully scoop out the guts of the potatoes, using a melon baller, and then run the guts through a ricer into a glass mixing bowl.
- ☐ Preheat the broiler.
- ☐ Melt the butter in a large saute pan over medium-high heat.
- ☐ Add the scallion whites, sprinkle with salt and sweat until tender. Stir in the kale, sprinkle with more salt and cook until wilted.
- ☐ Remove from the heat and let cool slightly.
- ☐ Combine the kale with the mashed potatoes, and mix in the sour cream until combined. Fill the potato skins with the mashed potatoes and kale.
- ☐ Place the potatoes on a sheet pan under the broiler just until the tops are crunchy.
- ☐ Garnish with the scallion greens.

## Nutrition Facts



## Properties

Glycemic Index:4.94, Glycemic Load:3.6, Inflammation Score:-3, Nutrition Score:2.9143478190121%

## Flavonoids

Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 38.81kcal (1.94%), Fat: 1.77g (2.72%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.37g (0.41%), Cholesterol: 4.71mg (1.57%), Sodium: 207.28mg (9.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin K: 15.83µg (15.08%), Vitamin C: 8.8mg (10.67%), Vitamin A: 390.1IU (7.8%), Vitamin B6: 0.09mg (4.47%), Potassium: 136.47mg (3.9%), Manganese: 0.07mg (3.35%), Fiber: 0.78g (3.12%), Phosphorus: 20.71mg (2.07%), Magnesium: 8.07mg (2.02%), Folate: 7.48µg (1.87%), Vitamin B1: 0.03mg (1.83%), Vitamin B3: 0.34mg (1.72%), Copper: 0.03mg (1.68%), Iron: 0.29mg (1.62%), Calcium: 15.84mg (1.58%), Vitamin B2: 0.03mg (1.56%)