

# Easy Irish Colcannon

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

## Ingredients

- 0.3 cup butter softened
- 1 head cabbage chopped
- 1 bunch green onions chopped
- 0.5 cup half-and-half cream
- 2 pounds potatoes cubed peeled
- 6 servings salt and pepper black to taste

## Equipment

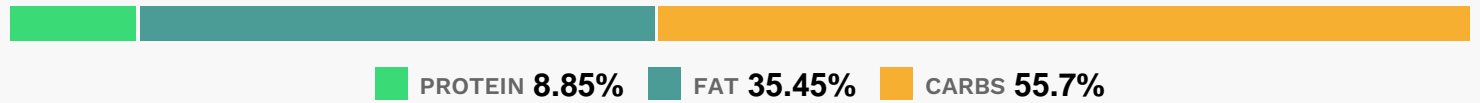
- bowl

sauce pan

## Directions

- Place the potatoes, cabbage, and green onions into a large sauce pan, fill with water, and bring to a boil. Reduce heat, cover, and simmer until the potatoes are tender, about 20 minutes.
- Drain the vegetables and place into a large bowl. Mash the potatoes and vegetables with the butter using a fork until the mixture is chunky, pouring in half-and-half gradually as you mash. Season with salt and pepper, and serve.

## Nutrition Facts



## Properties

Glycemic Index:34.96, Glycemic Load:21.6, Inflammation Score:-7, Nutrition Score:19.989130473655%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

## Nutrients (% of daily need)

Calories: 249.77kcal (12.49%), Fat: 10.28g (15.82%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 29.14g (10.6%), Sugar: 6.95g (7.73%), Cholesterol: 27.39mg (9.13%), Sodium: 303.86mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Vitamin K: 127.09µg (121.04%), Vitamin C: 86.11mg (104.37%), Vitamin B6: 0.65mg (32.32%), Fiber: 7.21g (28.85%), Potassium: 933.78mg (26.68%), Manganese: 0.48mg (24.03%), Folate: 92.71µg (23.18%), Phosphorus: 148.44mg (14.84%), Vitamin B1: 0.22mg (14.8%), Magnesium: 55.95mg (13.99%), Iron: 1.96mg (10.91%), Calcium: 105.53mg (10.55%), Vitamin A: 498.96IU (9.98%), Vitamin B3: 1.99mg (9.97%), Copper: 0.2mg (9.87%), Vitamin B2: 0.15mg (9.09%), Vitamin B5: 0.84mg (8.4%), Zinc: 0.81mg (5.43%), Vitamin E: 0.53mg (3.56%), Selenium: 1.67µg (2.39%)