



Golden Colcannon Pie



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



167 kcal

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 0.5 head cabbage whole green cored halved (from a)
- ☐ 2 pounds potato boiling
- ☐ 0.5 cup spring onion chopped
- ☐ 5 tablespoons butter unsalted divided

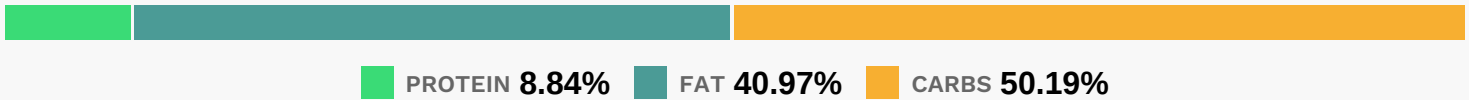
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Steam cabbage in a steamer set over boiling water, covered, until just tender, 15 to 25 minutes.
- ☐ Remove lid, and when cool enough to handle, finely chop leaves.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ While cabbage is steaming, peel and quarter potatoes. Generously cover potatoes with cold water in a 3– to 4–quart saucepan and add 1 teaspoon salt. Bring to a boil, then reduce heat, and briskly simmer, partially covered, until tender, 25 to 30 minutes.
- ☐ Drain potatoes well and mash in a large bowl with 3 tablespoons butter. Stir in cabbage, scallions, and salt and pepper to taste. Cool to warm and stir in egg.
- ☐ Melt remaining 2 tablespoons butter.
- ☐ Brush pie plate with some of butter.
- ☐ Spread potato mixture evenly in plate and brush with remaining butter.
- ☐ Bake until golden, about 35 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ •Pie can be assembled 1 day ahead. Cool completely, then cover and chill. Allow an extra 10 minutes or so to get the pie golden if it is going straight from the refrigerator into the oven.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:11.089565126792%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 167.24kcal (8.36%), Fat: 7.92g (12.18%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 18.32g (6.66%), Sugar: 3.45g (3.84%), Cholesterol: 42.06mg (14.02%), Sodium: 41.46mg (1.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin K: 59.99µg (57.13%), Vitamin C: 31.7mg (38.42%), Potassium: 640.41mg (18.3%), Fiber: 3.51g (14.04%), Vitamin B6: 0.28mg (13.89%), Manganese: 0.26mg (13.14%), Folate: 52.01µg (13%), Phosphorus: 100.72mg (10.07%), Vitamin B1: 0.13mg (8.86%), Copper: 0.17mg (8.69%), Magnesium: 33.93mg (8.48%), Vitamin A: 378.28IU (7.57%), Vitamin B3: 1.48mg (7.38%), Iron: 1.3mg (7.21%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.55mg (5.47%), Calcium: 44.14mg (4.41%), Selenium: 2.78µg (3.97%), Zinc: 0.59mg (3.93%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.26µg (1.71%), Vitamin B12: 0.07µg (1.18%)