

Irish Champ

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

Ingredients

- 1 pinch pepper black freshly ground to taste
- 0.3 cup butter
- 1 bunch spring onion thinly sliced
- 1 cup milk
- 2 pounds potatoes peeled halved
- 0.5 teaspoon salt to taste

Equipment

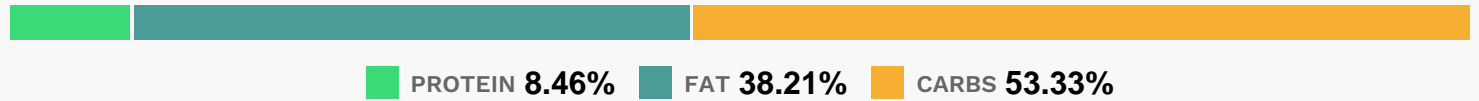
- bowl

- sauce pan
- pot
- kitchen towels

Directions

- Place potatoes into large pot, and fill with enough water to cover. Bring to a boil, and cook until tender, about 20 minutes.
- Drain well. Return to very low heat and allow the potatoes to dry out for a few minutes. (It helps if you place a clean dish towel over the potatoes to absorb any remaining moisture.)
- Meanwhile, heat the milk and green onions gently in a saucepan, until warm.
- Mash the potatoes, salt and butter together until smooth. Stir in the milk and green onion until evenly mixed. Season with freshly ground black pepper.
- Serve piping hot in bowls. Set out some extra butter for individuals to add to their servings.

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:30.18, Inflammation Score:-6, Nutrition Score:14.569565213245%

Flavonoids

Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 314.94kcal (15.75%), Fat: 13.67g (21.04%), Saturated Fat: 8.49g (53.05%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 37.78g (13.74%), Sugar: 4.85g (5.39%), Cholesterol: 37.82mg (12.61%), Sodium: 419.66mg (18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Vitamin C: 45.81mg (55.52%), Vitamin B6: 0.71mg (35.52%), Potassium: 1066.67mg (30.48%), Fiber: 5.15g (20.61%), Phosphorus: 196.55mg (19.65%), Manganese: 0.36mg (18.15%), Vitamin K: 17.95µg (17.09%), Magnesium: 61.02mg (15.25%), Vitamin B1: 0.22mg (14.64%), Copper: 0.25mg (12.55%), Vitamin B3: 2.49mg (12.46%), Calcium: 110.26mg (11.03%), Iron: 1.87mg (10.36%), Vitamin A: 517.86IU (10.36%), Folate: 40.56µg (10.14%), Vitamin B2: 0.17mg (9.79%), Vitamin B5: 0.92mg (9.19%), Zinc: 0.94mg (6.3%), Vitamin B12: 0.35µg (5.89%), Vitamin D: 0.67µg (4.47%), Selenium: 2.02µg (2.88%), Vitamin E: 0.42mg (2.77%)