



 **28%**
HEALTH SCORE

Irish Colcannon

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

Ingredients

- 2 bacon
- 2 garlic clove minced
- 1 pound cabbage green canned (kale can also be used)
- 2 medium leek split rinsed well
- 0.3 teaspoon mace
- 2 pounds potatoes - remove skin red yellow cubed peeled scrubbed
- 1 salt to taste
- 1 cup milk whole

Equipment

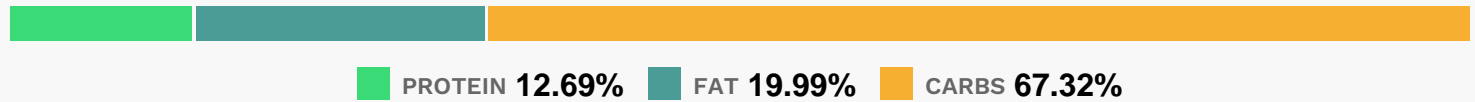
sauce pan

Directions

Chop the cabbage and steam, using minimal water, until quite well done. Boil potatoes. Clean and chop the leeks, including the first couple of inches of green, put into a saucepan with the milk and simmer until tender. If using bacon, saute until crisp. When cool enough to handle, break into bite size pieces.

Drain potatoes and mash. Stir in milk with leeks, cabbage, mace, garlic, and bacon. Gently mix to combine all ingredients, but take care not to over mash the potatoes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:25.035217391304%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Taste

Sweetness: 21.39%, Saltiness: 100%, Sourness: 22.83%, Bitterness: 18.22%, Savoriness: 36.53%, Fattiness: 59.25%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 299.55kcal (14.98%), Fat: 6.93g (10.66%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 52.51g (17.5%), Net Carbohydrates: 44.96g (16.35%), Sugar: 11.24g (12.49%), Cholesterol: 14.58mg (4.86%), Sodium: 166.49mg (7.24%), Protein: 9.9g (19.8%), Vitamin K: 113.88µg (108.46%), Vitamin C: 66.84mg (81.02%), Potassium: 1424.67mg (40.7%), Manganese: 0.75mg (37.29%), Vitamin B6: 0.72mg (35.76%), Fiber: 7.55g (30.19%), Folate: 118.2µg (29.55%), Phosphorus: 263.29mg (26.33%), Vitamin B1: 0.35mg (23.17%), Magnesium: 85.18mg (21.3%), Copper: 0.39mg (19.58%), Vitamin A: 972.85IU (19.46%), Vitamin B3: 3.57mg (17.84%), Iron: 3.21mg (17.84%), Calcium: 172.9mg (17.29%), Vitamin B2: 0.22mg (13.2%), Vitamin B5: 1.23mg (12.33%), Zinc: 1.41mg (9.37%), Selenium: 5.51µg

(7.87%), Vitamin B12: 0.38 μ g (6.41%), Vitamin D: 0.72 μ g (4.77%), Vitamin E: 0.68mg (4.54%)