



 **18%**  
HEALTH SCORE

## Kale Colcannon

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 5 ounces kale frozen dry cooked
- 3 tablespoons milk
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 4 medium potatoes peeled quartered
- 1 teaspoon salt

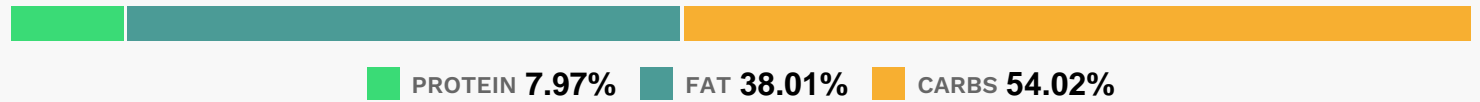
### Equipment

- bowl
- pot
- potato ricer

## Directions

- Cook potatoes in a pot of boiling water until tender; drain, reserving water.
- Place potatoes in a large bowl and mash potatoes with a hand masher or put through a ricer.
- Add 2 tablespoons butter, milk, salt and pepper to potatoes and gently mix until combined.
- Add chopped kale to the reserved potato water. Cook 6–8 minutes or until tender.
- Drain well and chop. Meanwhile, saut chopped onions in 2 tablespoons butter on medium–high until slightly brown.
- Add to potato mixture and combine.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:65.69, Glycemic Load:27.69, Inflammation Score:-10, Nutrition Score:23.34347826087%

## Flavonoids

Isorhamnetin: 8.86mg, Isorhamnetin: 8.86mg, Isorhamnetin: 8.86mg, Isorhamnetin: 8.86mg Kaempferol: 18.35mg, Kaempferol: 18.35mg, Kaempferol: 18.35mg, Kaempferol: 18.35mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

## Taste

Sweetness: 19.83%, Saltiness: 100%, Sourness: 9.91%, Bitterness: 10.76%, Savoriness: 23.69%, Fattiness: 76.86%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 289.04kcal (14.45%), Fat: 12.6g (19.38%), Saturated Fat: 7.63g (47.66%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 33.96g (12.35%), Sugar: 2.92g (3.24%), Cholesterol: 31.85mg (10.62%), Sodium: 708.84mg (30.82%), Protein: 5.94g (11.89%), Vitamin K: 143.42µg (136.59%), Vitamin C: 75.8mg (91.88%), Vitamin A: 3917.72IU (78.35%), Vitamin B6: 0.7mg (35%), Potassium: 1055.88mg (30.17%), Manganese: 0.58mg (29.11%), Fiber: 6.32g

(25.3%), Phosphorus: 158.67mg (15.87%), Magnesium: 63.44mg (15.86%), Vitamin B1: 0.22mg (14.81%), Folate: 58.39µg (14.6%), Calcium: 135.75mg (13.57%), Vitamin B3: 2.69mg (13.47%), Copper: 0.25mg (12.71%), Vitamin B2: 0.21mg (12.61%), Iron: 2.26mg (12.57%), Vitamin B5: 0.73mg (7.33%), Zinc: 0.83mg (5.56%), Vitamin E: 0.59mg (3.95%), Selenium: 1.37µg (1.95%), Vitamin B12: 0.08µg (1.41%)