

Modern Colcannon

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



12

CALORIES



368 kcal

SIDE DISH

Ingredients

- 2 pounds cabbage chopped
- 14.5 ounce chicken broth or as needed canned
- 2 pounds ham cubed fully cooked
- 3 tablespoons mayonnaise
- 5 pounds russet potatoes cubed peeled
- 12 servings salt and pepper black to taste

Equipment

- bowl

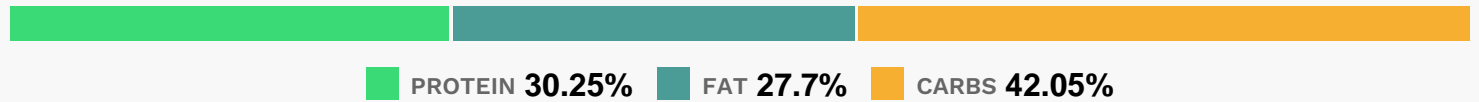
frying pan

pot

Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two.
- While potatoes are boiling, place cabbage into a pot with about an inch of water, bring to a boil, cover, and simmer the cabbage until tender, 10 to 15 minutes.
- Drain the cabbage, and set aside.
- In a large bowl, mash the potatoes and mayonnaise together, adding chicken broth by the tablespoon until you reach your desired consistency. Season the mashed potatoes with salt and pepper. Stir the cabbage into the mashed potatoes.
- Place the cooked ham into a skillet over medium-low heat, and cook and stir until the ham is hot, about 3 minutes. Stir the cooked ham into the colcannon, and serve.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:27.97, Inflammation Score:-6, Nutrition Score:24.010434504436%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 368.02kcal (18.4%), Fat: 11.38g (17.51%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 34.52g (12.55%), Sugar: 3.61g (4.01%), Cholesterol: 73.78mg (24.59%), Sodium: 1277.35mg (55.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.91%), Vitamin C: 56.06mg (67.95%), Vitamin K: 67.35µg (64.14%), Vitamin B6: 1mg (50.23%), Vitamin B1: 0.6mg (40.14%), Phosphorus: 397.5mg (39.75%), Potassium: 1182.22mg (33.78%), Selenium: 22.34µg (31.91%), Vitamin B3: 5.64mg (28.21%), Vitamin B12: 1.41µg (23.54%), Manganese: 0.45mg (22.7%), Zinc: 3.23mg (21.55%), Magnesium: 74.97mg (18.74%), Vitamin B2: 0.31mg (18.09%), Fiber: 4.35g (17.39%), Iron: 3.08mg (17.1%), Copper: 0.31mg (15.66%), Folate: 62.1µg (15.52%),

Vitamin B5: 1.4mg (13.95%), Calcium: 64.54mg (6.45%), Vitamin A: 138.88IU (2.78%), Vitamin E: 0.36mg (2.38%)