



Rumbledethumps or Scottish Potato & Cabbage Pie

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



362 kcal

Ingredients

- ☐ 6 tbsp butter
- ☐ 130 g cheddar cheese grated
- ☐ 32 g chives
- ☐ 1 small cabbage green
- ☐ 240 ml milk
- ☐ 900 g potatoes
- ☐ 6 servings grinding of salt & pepper good freshly ground

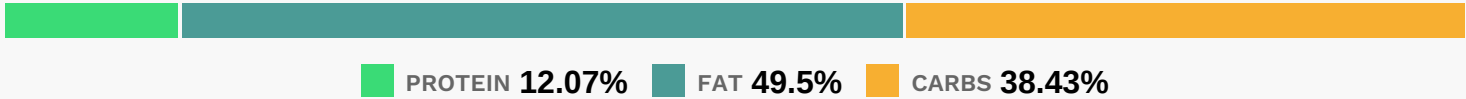
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Peel the potatoes and cut into quarters. Core the cabbage and chop coarsely.
- ☐ Put the potatoes and cabbage in separate pans, and cover with lightly salted water.
- ☐ Bring each pan to a boil, reduce heat to simmer, and cook until each vegetable is very tender.
- ☐ Drain.
- ☐ Mash the potato with butter, adding enough milk to create a smooth texture. Stir in chives and cabbage and add salt and pepper, to taste
- ☐ Place in buttered baking dish, and sprinkle with grated cheddar. It can be baked now or refrigerated overnight at this point.
- ☐ Bake at 350°F/180°C or Gas mark 4 for 15–30 minutes, until the cheese is melted and the dish is completely heated through

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:21.83, Inflammation Score:-8, Nutrition Score:22.557826073273%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 361.82kcal (18.09%), Fat: 20.5g (31.53%), Saturated Fat: 12.31g (76.96%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 29.39g (10.69%), Sugar: 7.14g (7.93%), Cholesterol: 57.15mg (19.05%), Sodium: 473.05mg (20.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin K: 106.29µg (101.23%), Vitamin C: 76.2mg (92.37%), Vitamin B6: 0.64mg (31.9%), Calcium: 277.96mg (27.8%), Potassium: 931.6mg (26.62%), Phosphorus: 263.84mg (26.38%), Fiber: 6.41g (25.63%), Manganese: 0.44mg (22.21%), Folate: 85.75µg (21.44%),

Vitamin A: 990.57IU (19.81%), Magnesium: 62.11mg (15.53%), Vitamin B2: 0.26mg (15.24%), Vitamin B1: 0.23mg (15.12%), Selenium: 7.91µg (11.3%), Zinc: 1.66mg (11.04%), Iron: 1.85mg (10.3%), Copper: 0.2mg (10.03%), Vitamin B3: 1.95mg (9.77%), Vitamin B5: 0.97mg (9.73%), Vitamin B12: 0.48µg (7.94%), Vitamin E: 0.72mg (4.78%), Vitamin D: 0.58µg (3.89%)