



Smoked haddock & colcannon

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 2 fillet haddock smoked
- ☐ 1 tablespoon milk good
- ☐ 2 eggs
- ☐ 450 g pumpkin puree mashed
- ☐ 1 handful chives snipped

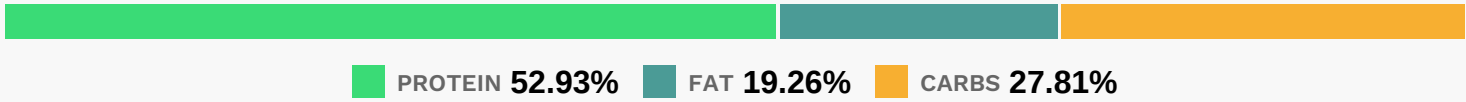
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Lay the haddock fillets in a shallow microwaveable dish and pour the milk over to half cover. Cover with cling film and microwave on High for 4–5 mins until the haddock flesh flakes easily. Meanwhile, get a pan of water on for the eggs.
- ☐ Crack the eggs into the simmering water and poach for around 1–2 mins until the white is set, but the yolks are still soft.
- ☐ Remove the fish.
- ☐ Heat colcannon in the microwave according to pack instructions.
- ☐ Mix half the chives into the colcannon, then spoon it between two plates. Top with the haddock and eggs and scatter with the remaining chives.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:29.810869548632%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 270.32kcal (13.52%), Fat: 5.83g (8.98%), Saturated Fat: 2g (12.52%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 12.38g (4.5%), Sugar: 7.99g (8.87%), Cholesterol: 256.38mg (85.46%), Sodium: 438.74mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.15%), Vitamin A: 35450.46IU (709.01%), Selenium: 58.6µg (83.71%), Vitamin B12: 3.54µg (59.05%), Phosphorus: 560.5mg (56.05%), Vitamin K: 40.58µg (38.65%), Vitamin B6: 0.69mg (34.29%), Vitamin B3: 6.6mg (32.98%), Potassium: 1027.59mg (29.36%), Fiber: 6.57g (26.3%), Vitamin B2: 0.43mg (25.42%), Vitamin E: 3.62mg (24.13%), Magnesium: 94.47mg (23.62%), Iron: 4.22mg (23.44%), Vitamin B5: 2.29mg (22.94%), Manganese: 0.37mg (18.7%), Folate: 70.18µg (17.55%), Copper: 0.31mg (15.57%), Vitamin C: 10.61mg (12.86%), Vitamin D: 1.81µg (12.08%), Calcium: 112.9mg (11.29%), Zinc: 1.54mg (10.24%), Vitamin B1: 0.11mg (7.42%)