



Sprout & spring onion champ



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 1 kg potatoes cut into chunks well (King Edward or Maris Piper work)
- ☐ 100 g butter for serving
- ☐ 1 bunch spring onion sliced
- ☐ 400 g brussels sprout halved finely sliced
- ☐ 400 ml milk
- ☐ 8 servings grating of nutmeg good

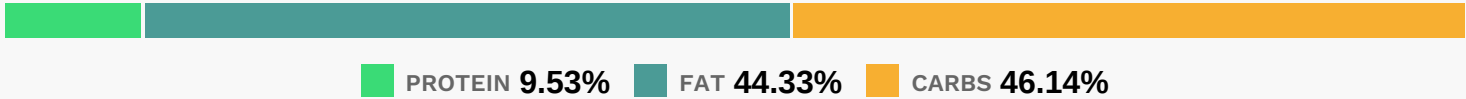
Equipment

- ☐ frying pan

Directions

- ☐ Put the potatoes in a large pan of salted water, cover with a lid and bring to the boil. Simmer for 15 mins or until cooked through.
- ☐ Drain and leave to steam-dry for 5 mins.
- ☐ Heat the butter in a large pan, add the spring onions and cook for 3 mins, stirring regularly. Tip in the Brussels sprouts and cook for a further 8 mins until soft.
- ☐ Add the milk and warm through for 1 min more.
- ☐ Tip the potatoes back into their pan, mash, then add the milk and sprout mixture.
- ☐ Add the nutmeg, season and stir.

Nutrition Facts



Properties

Glycemic Index:38.22, Glycemic Load:18.17, Inflammation Score:-7, Nutrition Score:18.206087184989%

Flavonoids

Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 249.77kcal (12.49%), Fat: 12.78g (19.66%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 24.79g (9.01%), Sugar: 5.2g (5.78%), Cholesterol: 33.06mg (11.02%), Sodium: 120.77mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Vitamin K: 98.11µg (93.44%), Vitamin C: 67.75mg (82.12%), Vitamin B6: 0.52mg (25.76%), Potassium: 816.38mg (23.33%), Manganese: 0.42mg (21.23%), Fiber: 5.14g (20.58%), Phosphorus: 166.2mg (16.62%), Vitamin A: 807.36IU (16.15%), Vitamin B1: 0.21mg (13.84%), Folate: 54.31µg (13.58%), Magnesium: 50.95mg (12.74%), Calcium: 108.27mg (10.83%), Iron: 1.78mg (9.9%), Copper: 0.19mg (9.68%), Vitamin B2: 0.16mg (9.64%), Vitamin B3: 1.79mg (8.96%), Vitamin B5: 0.73mg (7.33%), Zinc: 0.85mg (5.67%), Vitamin E: 0.78mg (5.23%), Vitamin B12: 0.3µg (5%), Vitamin D: 0.57µg (3.78%), Selenium: 2.33µg (3.33%)