



St. Patrick's Colcannon

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



393 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 1 head cabbage shredded cored
- 1 pound corned beef ribs leftover warmed cut into pieces and
- 1 teaspoon garlic minced
- 4 green onions separated sliced
- 1.3 cups milk hot
- 3 pounds potatoes red quartered
- 8 servings pepper white to taste

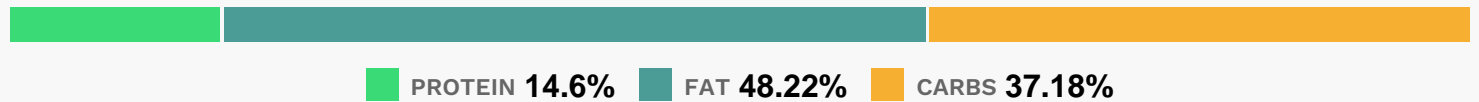
Equipment

- sauce pan
- pot

Directions

- Place potatoes in a large saucepan and add water to cover by 1-inch. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Meanwhile, bring a large pot of salted water to a boil. Stir in cabbage along with 2 tablespoons of butter; cover, and simmer until the cabbage has softened.
- Drain.
- Melt 1/2-cup butter over medium heat. Stir in garlic and the white parts of the green onions. Cook until the garlic has softened and mellowed.
- Drain the potatoes and mash with white pepper to taste. Fold in melted butter, milk, cabbage, and corned beef.
- Sprinkle with green onion tops to serve.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:24.267391360324%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 392.71kcal (19.64%), Fat: 21.58g (33.2%), Saturated Fat: 10.8g (67.48%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 31.02g (11.28%), Sugar: 7.81g (8.68%), Cholesterol: 65.7mg (21.9%), Sodium: 847.91mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.41%), Vitamin K: 104.73µg (99.74%), Vitamin C: 73.14mg (88.66%), Potassium: 1215.4mg (34.73%), Vitamin B6: 0.63mg (31.42%), Manganese: 0.54mg (26.81%),

Fiber: 6.42g (25.67%), Phosphorus: 247.83mg (24.78%), Vitamin B3: 4.38mg (21.9%), Folate: 86.73µg (21.68%), Vitamin B12: 1.24µg (20.65%), Selenium: 12.98µg (18.54%), Zinc: 2.6mg (17.34%), Iron: 3.12mg (17.32%), Vitamin B1: 0.26mg (17.2%), Copper: 0.34mg (16.83%), Magnesium: 66.93mg (16.73%), Vitamin B2: 0.25mg (14.84%), Calcium: 126.98mg (12.7%), Vitamin B5: 1.2mg (12.03%), Vitamin A: 599.3IU (11.99%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.42µg (2.8%)