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Irish Colcannon ♦♦

Irish Colcannon is a traditional Irish dish made with mashed potatoes, cabbage or kale, and butter. It is often served as a side dish with meat or fish. The dish has a rich history and is associated with St. Patrick's Day celebrations.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
250 g	cabbage
50 g	butter
1 tsp	salt
0.5 tsp	pepper

100 ml milk

Directions

Step 1

Boiling

Peel and chop the potatoes.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Boiling

Chop the cabbage and cook it in boiling water for 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Drain the cabbage and set it aside.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Mashing

Mash the potatoes with butter, salt, and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Stirring

Stir in the cooked cabbage and milk.

Prep Time: 2 mins

Cook Time: 3 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 210 kcal

Fat: 7 g

Protein: 4 g

Carbohydrates: 33 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	33 g	60%	66%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	7 g	25%	28%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter

Cultural

St. Patrick's Day Chinese New Year Oktoberfest Thanksgiving Christmas
Easter Halloween

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Sauces & Dressings

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Difficulty Level

Medium

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