

Colcannon Cakes

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-green-juice-recipe>

Ingredients:

- 2 1/2 pounds russet potatoes peeled and cut into large chunks
- salt
- 5 tablespoons unsalted butter
- 3 chard lightly packed cups of chopped, kale, spinach, or cabbage
- 1/2 cup greens green onion, chopped
- 1 cup milk or cream
- 1 cup flour
- 1 egg
- 3 teaspoons salt
- 4 tablespoons butter oil
- lemon for garnish, optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 100 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 14 grams
8. Sodium: 1640 milligrams
9. Sugar: 5 grams

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