

Healthy Low-Carb Colcannon

Hands-on 15 minutes Overall 25-30 minutes

Nutritional values (per serving): Total carbs: 9.1 g, Fiber: 3.5 g, **Net carbs: 5.6 g,**

Protein: 8.6 g, Fat: 30.7 g, Calories: 337 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 2 tbsp lard or ghee (30 g/ 1.1 oz)
- 8 slices bacon, chopped (240 g/ 8.5 oz) - *can be omitted*
- 1 medium cauliflower (600 g/ 1.3 lb)
- 1 small green cabbage, sliced and tough stems removed (300 g/ 10.6 oz)
- 4 medium spring onions, sliced (60 g/ 2.1 oz)
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- 1/4 cup butter or ghee (57 g/ 2 oz)
- salt and pepper to taste
- Optional:* freshly chopped parsley for garnish

Instructions

1. Slice the bacon into thin strips. Grease a large saucepan or deep skillet with lard or ghee (I used leftover fat from last night's pork roast), and cook the bacon over a medium heat for 8-10 minutes or until crisped up. Take off the heat. Use a slotted spoon to transfer the bacon into a bowl and set aside.
2. Clean the vegetables. Wash the cauliflower and cut into florets.
3. Place on a steaming rack inside a pot filled with 1-2 cups of water. Bring to a boil and cook for 8-10 minutes. Do not overcook.
4. Meanwhile, remove the tough stems and slice the cabbage. Place the cabbage into the saucepan where you cooked the bacon, stir to combine with the bacon grease and cover with a lid. Cook over a medium-low heat for about 5 minutes, or until tender. Add the sliced spring onions and cook for another minute. When done, take off the heat and set aside.
5. When the cauliflower is tender, take off the heat, remove the lid, and let it cool down for 5 minutes. Transfer the cauliflower into a bowl, add the cream and butter (you can reserve some butter for garnish). Using an immersion blender, process until smooth.
6. Add the cooked greens and combine.

7. Finally, stir in the crisped up bacon and season with salt and pepper to taste. Optionally, top with freshly chopped parsley and butter.

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