

# Apple Mashed Potatoes

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**277 kcal**

**SIDE DISH**

## Ingredients

- 4 bacon diced
- 0.3 cup butter softened
- 1 teaspoon apple cider vinegar
- 1 Dash nutmeg
- 1 small onion thinly sliced quartered
- 4 medium potatoes cubed peeled
- 0.5 teaspoon salt
- 0.5 teaspoon sugar

- 2 medium baking apples are apples that have a sweet-tart balance and hold their shape when peeled quartered

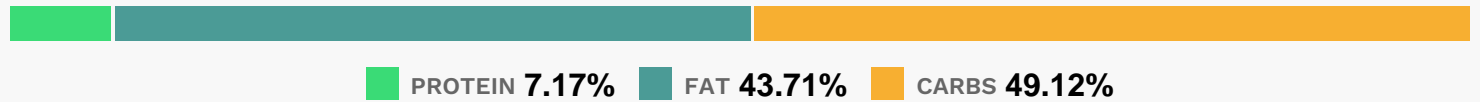
## Equipment

- frying pan
- paper towels
- sauce pan

## Directions

- Place the potatoes, apples and salt in a large saucepan; add enough water to cover. Bring to a boil; cover and cook for 12 minutes or until tender.
- Meanwhile, in a small skillet, cook bacon over medium heat until crisp.
- Remove to paper towels; drain, reserving 1 teaspoon drippings. In the drippings, saute onion until tender.
- Drain the potatoes and apples.
- Add the butter, vinegar and sugar; mash until smooth. Top with bacon, onion and nutmeg.

## Nutrition Facts



## Properties

Glycemic Index:62.14, Glycemic Load:20.89, Inflammation Score:-5, Nutrition Score:9.5400000914283%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

## Nutrients (% of daily need)

Calories: 276.86kcal (13.84%), Fat: 13.8g (21.22%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 30.07g (10.94%), Sugar: 8.3g (9.22%), Cholesterol: 30.02mg (10.01%), Sodium: 361.37mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin C: 31.63mg (38.34%), Vitamin B6: 0.5mg (24.87%), Potassium: 712.31mg (20.35%), Fiber: 4.81g (19.25%), Manganese: 0.26mg (13.13%), Phosphorus: 114.81mg (11.48%), Vitamin B1: 0.17mg (11.39%), Vitamin B3: 2.16mg (10.81%), Magnesium: 39.16mg (9.79%), Copper: 0.18mg (9.12%), Iron: 1.28mg (7.09%), Folate: 27.17µg (6.79%), Vitamin B5: 0.56mg (5.63%), Vitamin A: 277.79IU (5.56%), Selenium: 3.53µg (5.05%), Vitamin B2: 0.08mg (4.68%), Vitamin K: 4.74µg (4.52%), Zinc: 0.64mg (4.28%), Vitamin E: 0.41mg (2.72%), Calcium: 26.85mg (2.69%), Vitamin B12: 0.09µg (1.49%)