



## Basil Chive Red Potato Mash

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

### Ingredients

- 2.5 tablespoons a handful basil leaves roughly chopped
- 8 tablespoons butter (1 stick)
- 3 tablespoons a handful chives fresh chopped
- 0.5 cup heavy cream
- 4 servings kosher salt and pepper black freshly ground
- 2 pounds red-skinned new potatoes

### Equipment

- frying pan

sauce pan

knife

pot

## Directions

Put the potatoes in a medium saucepan and pour in enough cold water to cover them by a couple of inches. Toss in a handful of salt. Bring the water to a boil and cook until the potatoes are tender when poked with a knife, about 25 minutes.

Drain the potatoes and return to the pan.

Add the cream and butter and let the whole pot sit over very low heat until warmed through.

Add chives and basil to the pot with the potatoes and mash the potatoes coarsely. Season with salt and pepper.

## Nutrition Facts



**PROTEIN 4.63%** **FAT 64.09%** **CARBS 31.28%**

## Properties

Glycemic Index:49.25, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:12.617391404898%

## Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 461.88kcal (23.09%), Fat: 33.79g (51.99%), Saturated Fat: 21.32g (133.24%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 33.16g (12.06%), Sugar: 3.86g (4.29%), Cholesterol: 93.82mg (31.27%), Sodium: 229.03mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Potassium: 1078.58mg (30.82%), Vitamin A: 1317.35IU (26.35%), Vitamin C: 21.22mg (25.72%), Vitamin B6: 0.4mg (20.11%), Vitamin K: 19.63µg (18.7%), Manganese: 0.36mg (17.78%), Phosphorus: 164.48mg (16.45%), Copper: 0.32mg (15.84%), Fiber: 3.96g (15.83%), Magnesium: 54.45mg (13.61%), Vitamin B3: 2.66mg (13.32%), Vitamin B1: 0.19mg (12.89%), Folate: 46.08µg (11.52%), Iron: 1.78mg (9.87%), Vitamin B2: 0.14mg (8.2%), Vitamin B5: 0.75mg (7.51%), Vitamin E: 0.96mg (6.41%), Zinc: 0.87mg (5.79%), Calcium: 53.76mg (5.38%), Selenium: 2.34µg (3.34%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.1µg (1.59%)