



## Blue Cheese Mashed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

## Ingredients



1 pound ingredients: potatoes blue crumbled peeled cut into 1 inch cubes4 ounces cheese (, room temperature)1 tablespoon butter, room temperaturemilk to tastesalt and pepper to taste

## Equipment

## Directions



Boil the potatoes until the potatoes are fork tender, about 20–30 minutes.

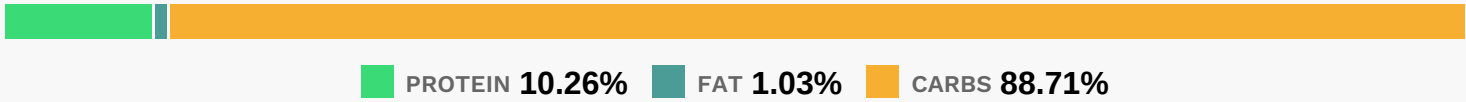


Drain the potatoes and mash.

☐ Mix in the blue cheese, butter and milk to taste.

☐ Mix in the parsley.

# Nutrition Facts



## Properties

Glycemic Index:20.94, Glycemic Load:14.5, Inflammation Score:-2, Nutrition Score:5.5821738866684%

## Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 87.32kcal (4.37%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 17.32g (6.3%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 6.8mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 22.34mg (27.08%), Vitamin B6: 0.33mg (16.73%), Potassium: 477.41mg (13.64%), Fiber: 2.49g (9.98%), Manganese: 0.17mg (8.67%), Magnesium: 26.08mg (6.52%), Phosphorus: 64.64mg (6.46%), Copper: 0.12mg (6.12%), Vitamin B1: 0.09mg (6.05%), Vitamin B3: 1.2mg (5.98%), Iron: 0.88mg (4.91%), Folate: 18.14µg (4.54%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.33mg (2.19%), Vitamin B2: 0.04mg (2.13%), Vitamin K: 2.15µg (2.05%), Calcium: 13.61mg (1.36%)