



Broccoli and Cheese Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

Ingredients

- 1 small head broccoli
- 2 tablespoons butter
- 1.5 pounds potatoes (recommended: Yukon gold)
- 4 servings salt and pepper black freshly ground
- 1.5 cups sharp cheddar shredded
- 1 cup milk whole

Equipment

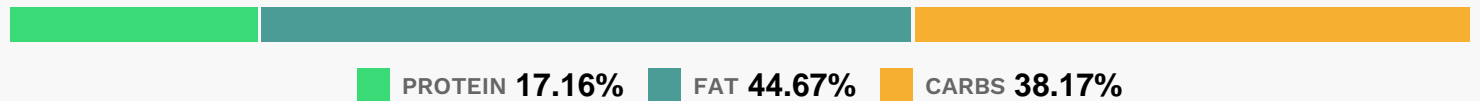
- bowl

pot

Directions

- Watch how to make this recipe.
- Halve the potatoes and add to a large pot. Cover with water and bring to a boil over high heat. Reduce the heat to medium-low and cook the potatoes for 10 minutes while you trim and chop broccoli into 1/2-inch dice.
- Add the broccoli to the potatoes and cook for 5 minutes more.
- Drain and return to the hot pot to dry. Stir in the milk, butter and cheese and mash until the cheese melts into potatoes and broccoli. Season with salt and pepper, to taste, and transfer to a serving bowl, to serve.

Nutrition Facts



Properties

Glycemic Index:65.69, Glycemic Load:25.09, Inflammation Score:-9, Nutrition Score:30.677391466887%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 13.28mg, Kaempferol: 13.28mg, Kaempferol: 13.28mg, Kaempferol: 13.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 442.59kcal (22.13%), Fat: 22.76g (35.01%), Saturated Fat: 13.09g (81.8%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 36.04g (13.11%), Sugar: 6.99g (7.77%), Cholesterol: 64.75mg (21.58%), Sodium: 405.71mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.33%), Vitamin C: 169.09mg (204.96%), Vitamin K: 160.13µg (152.5%), Calcium: 468.6mg (46.86%), Phosphorus: 454.8mg (45.48%), Vitamin B6: 0.83mg (41.74%), Potassium: 1323.57mg (37.82%), Folate: 132.1µg (33.03%), Vitamin A: 1649.26IU (32.99%), Fiber: 7.72g (30.88%), Manganese: 0.6mg (29.94%), Vitamin B2: 0.51mg (29.76%), Selenium: 17.54µg (25.05%), Magnesium: 90.11mg (22.53%), Zinc: 2.93mg (19.53%), Vitamin B1: 0.29mg (19.39%), Vitamin B5: 1.79mg (17.86%), Vitamin B3: 2.85mg (14.27%), Iron: 2.52mg (13.97%), Copper: 0.27mg (13.71%), Vitamin B12: 0.79µg (13.17%), Vitamin E: 1.71mg (11.43%), Vitamin D: 0.93µg (6.17%)