



Camembert Mashed Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound wedge camembert cheese diced ripe
- ☐ 0.3 cup chives
- ☐ 1 lemon zest
- ☐ 0.3 cup milk
- ☐ 2.5 pounds potatoes such as yukon gold halved quartered
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper black freshly ground

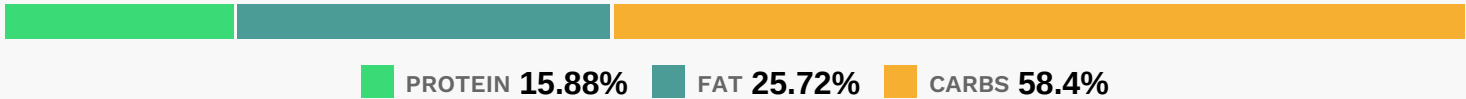
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Put the potatoes into a large pot, cover with water and bring to a boil over medium heat. Salt the water and cook the potatoes until tender.
- ☐ Drain and return the potatoes to the hot pot.
- ☐ Add the Camembert and milk and toss to coat the potatoes in the cheese (the mixture will look slightly mashed). Stir in the lemon zest and season with salt and pepper, to taste.
- ☐ Transfer to a serving bowl, garnish with lots of chives and serve.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:24.41, Inflammation Score:-5, Nutrition Score:12.832173883915%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 228.45kcal (11.42%), Fat: 6.64g (10.21%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 29.57g (10.75%), Sugar: 2.15g (2.39%), Cholesterol: 19.36mg (6.45%), Sodium: 421.3mg (18.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.44%), Vitamin C: 39.49mg (47.87%), Vitamin B6: 0.63mg (31.26%), Potassium: 865.95mg (24.74%), Phosphorus: 206.68mg (20.67%), Fiber: 4.33g (17.32%), Manganese: 0.32mg (15.93%), Calcium: 136.4mg (13.64%), Magnesium: 50.76mg (12.69%), Folate: 47.76µg (11.94%), Vitamin B2: 0.2mg (11.79%), Vitamin B1: 0.17mg (11.06%), Vitamin B3: 2.18mg (10.89%), Copper: 0.21mg (10.73%), Vitamin B5: 0.95mg (9.51%), Iron: 1.6mg (8.91%), Zinc: 1.2mg (8.02%), Vitamin K: 7.84µg (7.47%), Vitamin B12: 0.38µg (6.37%), Selenium: 4.44µg (6.34%), Vitamin A: 300.48IU (6.01%), Vitamin D: 0.21µg (1.42%)