



Camembert Mashed Potatoes



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.8 teaspoon salt
- ☐ 4.5 pounds yukon gold potatoes cubed peeled

Equipment

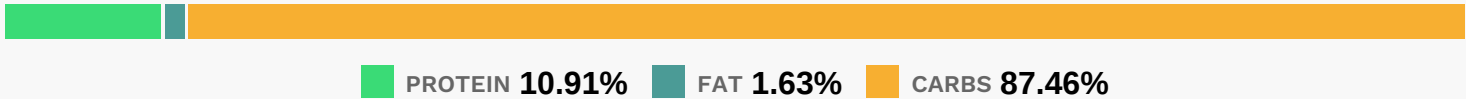
- ☐ frying pan
- ☐ potato masher
- ☐ dutch oven

☐ colander

Directions

- ☐ Cut cheese into 6 wedges. Carefully remove rind from cheese; discard rind. Chop cheese; let stand at room temperature while potato cooks.
- ☐ Place potato in a large Dutch oven; cover with water. Bring to a boil. Reduce heat; simmer 12 minutes or until tender.
- ☐ Drain in a colander; return potato to pan.
- ☐ Add cheese, milk, salt, and 3/4 teaspoon pepper; mash with a potato masher until smooth.
- ☐ Garnish with chives and additional pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:21.77, Inflammation Score:0, Nutrition Score:8.7756520295921%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 135.52kcal (6.78%), Fat: 0.25g (0.39%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 26.53g (9.65%), Sugar: 1.82g (2.02%), Cholesterol: 0.49mg (0.16%), Sodium: 159.41mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin C: 33.51mg (40.62%), Vitamin B6: 0.51mg (25.4%), Potassium: 733.44mg (20.96%), Fiber: 3.77g (15.1%), Manganese: 0.28mg (13.84%), Phosphorus: 107.28mg (10.73%), Magnesium: 40.52mg (10.13%), Vitamin B1: 0.14mg (9.45%), Copper: 0.19mg (9.28%), Vitamin B3: 1.81mg (9.03%), Iron: 1.34mg (7.45%), Folate: 27.43µg (6.86%), Vitamin B5: 0.54mg (5.41%), Vitamin B2: 0.07mg (4.02%), Zinc: 0.54mg (3.58%), Calcium: 33.45mg (3.34%), Vitamin K: 3.45µg (3.28%), Selenium: 0.72µg (1.03%)