

Caramelized-Shallot and Sage Mashed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon sage fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 6 servings potatoes mashed
- ☐ 6 servings salt
- ☐ 2 cups shallots thinly sliced
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon balsamic vinegar white

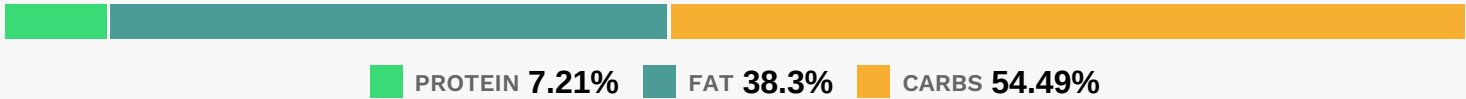
Equipment

☐ frying pan

Directions

- ☐ Prepare perfect mashed potatoes. Meanwhile, heat oil in heavy medium skillet over high heat.
- ☐ Add shallots; sauté until tender, about 2 minutes. Reduce heat to medium-low; stir until shallots are golden, about 5 minutes longer.
- ☐ Add fresh sage, white balsamic vinegar, and sugar; stir until caramelized, about 2 minutes. Stir shallot-sage mixture into potatoes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:38.97, Glycemic Load:4.5, Inflammation Score:-3, Nutrition Score:6.5769565000158%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 106.77kcal (5.34%), Fat: 4.77g (7.33%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 12.69g (4.62%), Sugar: 7.94g (8.83%), Cholesterol: 0mg (0%), Sodium: 204.05mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Copper: 1.08mg (54.09%), Vitamin B6: 0.28mg (13.75%), Manganese: 0.27mg (13.45%), Fiber: 2.57g (10.28%), Vitamin C: 6.51mg (7.89%), Potassium: 272.13mg (7.78%), Folate: 26.97µg (6.74%), Iron: 1.04mg (5.77%), Phosphorus: 48.52mg (4.85%), Vitamin E: 0.7mg (4.69%), Magnesium: 17.68mg (4.42%), Vitamin K: 3.46µg (3.29%), Vitamin B1: 0.05mg (3.27%), Calcium: 32.38mg (3.24%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.33mg (2.18%), Selenium: 0.96µg (1.37%)