



Celery Mashed Potatoes and Chicken Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SAUCE

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 6 servings campbell's chicken gravy
- ☐ 0.3 cup milk 1% low-fat
- ☐ 2 tablespoons butter reduced-calorie
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup tablespoon parsley flakes dried fresh minced
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 3.3 pounds potatoes red peeled quartered

☐ 0.5 teaspoon salt

Equipment

☐ frying pan

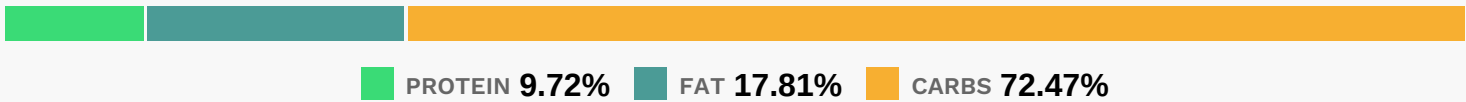
☐ sauce pan

☐ blender

Directions

- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or until very tender.
- ☐ Drain and return to pan.
- ☐ Melt margarine in a small skillet over medium-high heat, and saut celery and onion 8 minutes or until tender.
- ☐ Add celery mixture, milk, parsley, salt, and poultry seasoning to potatoes; beat at medium speed of a mixer until smooth.
- ☐ Serve with Chicken Gravy.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:13.026086954967%

Flavonoids

Apigenin: 47.15mg, Apigenin: 47.15mg, Apigenin: 47.15mg, Apigenin: 47.15mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 223.81kcal (11.19%), Fat: 4.58g (7.05%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 37.14g (13.5%), Sugar: 4.6g (5.11%), Cholesterol: 0.74mg (0.25%), Sodium: 306.04mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Potassium: 1211.31mg (34.61%), Vitamin C: 23.71mg (28.74%), Manganese: 0.49mg (24.34%), Vitamin K: 25.16µg (23.96%), Vitamin B6: 0.46mg (22.99%), Fiber:

4.84g (19.34%), Phosphorus: 175.23mg (17.52%), Copper: 0.35mg (17.36%), Magnesium: 62.58mg (15.64%), Vitamin B3: 2.99mg (14.95%), Vitamin B1: 0.22mg (14.49%), Folate: 52.21µg (13.05%), Iron: 2.13mg (11.82%), Vitamin B5: 0.79mg (7.85%), Vitamin B2: 0.13mg (7.64%), Zinc: 0.96mg (6.42%), Calcium: 62.66mg (6.27%), Vitamin A: 285.24IU (5.7%), Selenium: 1.76µg (2.52%), Vitamin E: 0.3mg (2.01%), Vitamin B12: 0.08µg (1.42%)