



Champ



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baking potato cubed peeled
- ☐ 0.3 cup green onions finely chopped
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

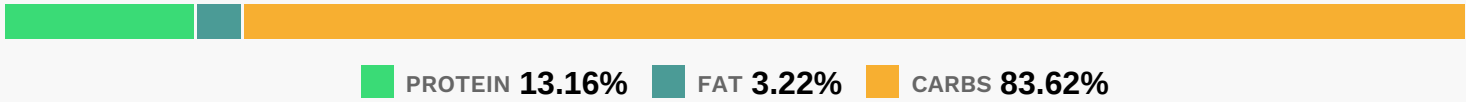
- ☐ frying pan
- ☐ sauce pan

- ☐ blender
- ☐ ramekin
- ☐ colander

Directions

- ☐ Place potato in a medium saucepan; add water to cover. Bring to a boil, and cook 15 minutes or until very tender; drain in a colander, and set aside.
- ☐ Combine milk and green onions in pan, and cook over medium heat until thoroughly heated (do not boil).
- ☐ Add potato, salt, and pepper to milk mixture; beat at medium speed of a mixer until smooth.
- ☐ Divide mixture evenly between 2 (8-ounce) ramekins coated with cooking spray; broil 5 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:32.44, Inflammation Score:-5, Nutrition Score:13.243478254132%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 208.85kcal (10.44%), Fat: 0.77g (1.18%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 41.74g (15.18%), Sugar: 4.62g (5.14%), Cholesterol: 2.95mg (0.98%), Sodium: 327.06mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin B6: 0.83mg (41.29%), Potassium: 1075.77mg (30.74%), Vitamin K: 30.22µg (28.78%), Manganese: 0.39mg (19.73%), Phosphorus: 190.33mg (19.03%), Vitamin C: 15.28mg (18.52%), Magnesium: 61.96mg (15.49%), Vitamin B1: 0.23mg (15.11%), Fiber: 3.31g (13.22%), Vitamin B3: 2.48mg (12.41%), Copper: 0.25mg (12.32%), Iron: 2.15mg (11.94%), Calcium: 113.56mg (11.36%), Folate: 40.95µg (10.24%), Vitamin B2: 0.17mg (9.86%), Vitamin B5: 0.91mg (9.07%), Zinc: 0.96mg (6.42%), Vitamin B12: 0.36µg (6%), Vitamin A: 243.22IU (4.86%), Vitamin D: 0.65µg (4.33%), Selenium: 2.23µg (3.18%)