



Cheesy mustard mash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 1 kg maris piper potato cut into large chunks
- ☐ 4 tbsp crème fraîche low-fat
- ☐ 50 g very strong cheddar grated
- ☐ 2 tbsp wholegrain mustard
- ☐ 1 tbsp thyme leaf

Equipment

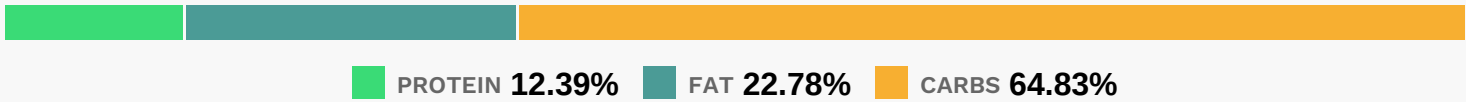
- ☐ baking pan
- ☐ grill

☐ spatula

Directions

- ☐ Boil the potatoes in salted water for 20 mins or until tender, then drain.
- ☐ Heat the grill to high. Mash the potatoes until smooth, then beat in the crme frache and half the cheese. Season to taste, then spoon the hot mash into a medium baking dish and smooth the top.
- ☐ Mix together the rest of the cheese, the mustard and thyme leaves.
- ☐ Spread over the mash with a spatula or the back of a spoon. Grill until the cheese is melting and golden, then serve with the beef.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:32.16, Inflammation Score:-9, Nutrition Score:15.349565029144%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 273.6kcal (13.68%), Fat: 7.09g (10.9%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 39.29g (14.29%), Sugar: 2.51g (2.79%), Cholesterol: 19.58mg (6.53%), Sodium: 183.13mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin C: 52.19mg (63.26%), Vitamin B6: 0.76mg (38.12%), Potassium: 1099.03mg (31.4%), Fiber: 6.07g (24.27%), Manganese: 0.45mg (22.32%), Phosphorus: 218.82mg (21.88%), Magnesium: 68.47mg (17.12%), Vitamin B1: 0.22mg (14.74%), Copper: 0.29mg (14.58%), Calcium: 142.31mg (14.23%), Vitamin B3: 2.73mg (13.63%), Iron: 2.4mg (13.35%), Folate: 44.66µg (11.16%), Selenium: 7.28µg (10.4%), Vitamin B2: 0.17mg (9.91%), Zinc: 1.3mg (8.69%), Vitamin B5: 0.86mg (8.62%), Vitamin A: 293.48IU (5.87%), Vitamin K: 5.34µg (5.09%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.19mg (1.27%)