



Chipotle Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 chipotle chile in adobo sauce canned drained chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh ()
- ☐ 1 cup milk 1% low-fat
- ☐ 2.8 cups potatoes frozen mashed (such as Ore-Ida)
- ☐ 0.3 teaspoon salt

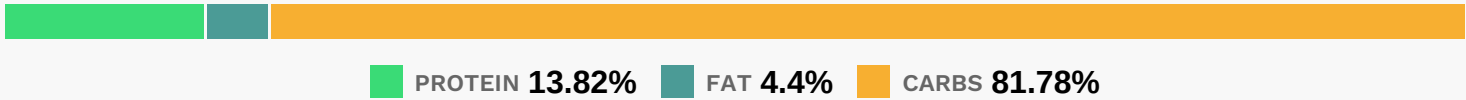
Equipment

☐ sauce pan

Directions

- ☐ Heat milk in a medium saucepan over medium heat.
- ☐ Add potato; cook, stirring occasionally, 5 minutes or until thoroughly heated.
- ☐ Remove from heat; add chipotle pepper and remaining ingredients, stirring well.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:18.48, Inflammation Score:-4, Nutrition Score:9.6317391149376%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 140.52kcal (7.03%), Fat: 0.7g (1.08%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 25.72g (9.35%), Sugar: 4.38g (4.86%), Cholesterol: 2.95mg (0.98%), Sodium: 177.61mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin C: 29.84mg (36.17%), Vitamin B6: 0.46mg (23.23%), Potassium: 712.92mg (20.37%), Fiber: 3.63g (14.5%), Phosphorus: 144.27mg (14.43%), Manganese: 0.24mg (12.2%), Magnesium: 41.06mg (10.27%), Vitamin B1: 0.15mg (10.06%), Calcium: 93.5mg (9.35%), Copper: 0.16mg (8.08%), Vitamin B3: 1.61mg (8.03%), Vitamin B2: 0.13mg (7.72%), Iron: 1.25mg (6.95%), Vitamin B5: 0.65mg (6.52%), Folate: 25.3µg (6.32%), Vitamin B12: 0.36µg (6%), Vitamin K: 6.13µg (5.84%), Zinc: 0.68mg (4.55%), Vitamin D: 0.65µg (4.33%), Vitamin A: 188.75IU (3.78%), Selenium: 1.69µg (2.42%)