



Chive and Parsley Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



10

CALORIES



300 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon pepper black
- 1 cup chives fresh chopped
- 0.8 cup flat-leaf parsley fresh chopped
- 1.5 cups milk
- 0.5 cup olive oil
- 1.3 teaspoons salt
- 0.5 cup butter unsalted cut into tablespoon pieces
- 5 lb yellow-fleshed potatoes such as yukon gold

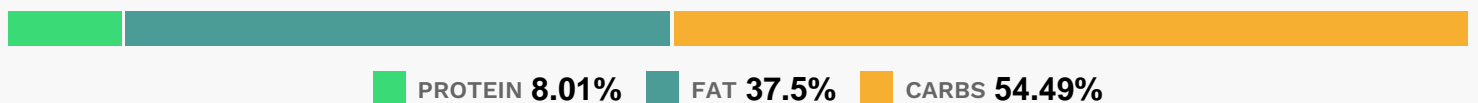
Equipment

- pot
- sieve
- blender
- double boiler
- potato masher
- microwave
- colander

Directions

- Purée chives and parsley with oil and salt in a blender until smooth.
- Pour herb oil through a fine-mesh sieve into a glass measure, pressing on and discarding solids.
- Peel and quarter potatoes. Cover potatoes with salted cold water by 1 inch in a 5-quart heavy pot, then simmer, uncovered, until very tender, about 25 minutes.
- While potatoes are simmering, bring milk, butter, salt, and pepper just to a simmer, stirring until butter is melted.
- Drain potatoes in a colander and return to pot.
- Add hot milk mixture and mash with a potato masher until almost smooth, then stir in 4 tablespoons herb oil.
- If desired, serve potatoes drizzled with some of remaining oil.
- Oil can be made 4 days ahead and chilled, covered. Bring to room temperature before using. Potatoes can be made 1 day ahead and chilled, covered. Bring to room temperature before reheating in a microwave or double boiler, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:29.75, Inflammation Score:-7, Nutrition Score:18.006086950717%

Flavonoids

Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 300.26kcal (15.01%), Fat: 12.81g (19.71%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 36.62g (13.31%), Sugar: 3.65g (4.05%), Cholesterol: 28.79mg (9.6%), Sodium: 322.16mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Vitamin K: 89.08µg (84.84%), Vitamin C: 52.99mg (64.23%), Vitamin B6: 0.7mg (35.09%), Potassium: 1051.28mg (30.04%), Fiber: 5.28g (21.1%), Manganese: 0.39mg (19.55%), Vitamin A: 901.48IU (18.03%), Phosphorus: 174.13mg (17.41%), Magnesium: 60.98mg (15.24%), Vitamin B1: 0.21mg (13.98%), Copper: 0.26mg (13.12%), Vitamin B3: 2.52mg (12.6%), Folate: 47.69µg (11.92%), Iron: 2.14mg (11.91%), Calcium: 85.71mg (8.57%), Vitamin B5: 0.85mg (8.53%), Vitamin B2: 0.14mg (8.01%), Zinc: 0.89mg (5.94%), Vitamin E: 0.66mg (4.39%), Vitamin D: 0.57µg (3.82%), Vitamin B12: 0.22µg (3.62%), Selenium: 1.54µg (2.2%)