



Chive Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup basil leaves fresh minced
- ☐ 0.5 cup chives fresh thinly sliced
- ☐ 1 tablespoons garlic minced
- ☐ 1 cup milk
- ☐ 0.5 cup olive oil
- ☐ 0.1 teaspoon paprika
- ☐ 3 pounds thin-skinned potatoes
- ☐ 0.5 cup romano cheese grated

☐ 8 servings salt and pepper

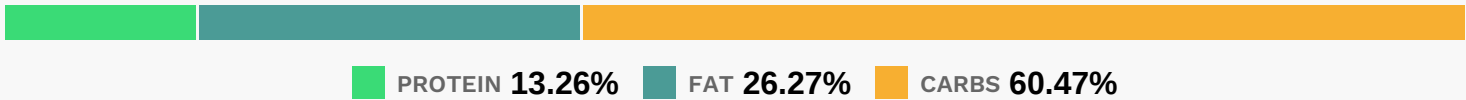
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ potato masher
- ☐ microwave

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 1 quart water to a boil.
- ☐ Peel and rinse potatoes; cut into 1-inch chunks.
- ☐ Add potatoes to boiling water; cover and return to a boil, then reduce heat to medium and simmer until potatoes mash easily, 10 to 12 minutes.
- ☐ Meanwhile, in a 1- to 1 1/2-quart pan over medium heat, warm 1 cup milk and garlic until steaming, about 5 minutes. (Or in a 2-cup microwave-safe container, heat milk and garlic in a microwave oven on full power (100%) until steaming, 1 to 2 minutes.)
- ☐ Drain potatoes and return to pan.
- ☐ Add the hot milk mixture, oil, cheese, basil, and paprika. Mash with a potato masher or an electric mixer until potatoes are as lumpy or smooth as you like, adding a little more milk for a softer, creamier texture if desired. Stir chives into mixture.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:10.240434688071%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 188.11kcal (9.41%), Fat: 5.64g (8.67%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 26.19g (9.52%), Sugar: 3.77g (4.19%), Cholesterol: 10.16mg (3.39%), Sodium: 311.37mg (13.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Potassium: 841.6mg (24.05%), Vitamin C: 16.69mg (20.23%), Phosphorus: 185.98mg (18.6%), Vitamin K: 18.38µg (17.5%), Vitamin B6: 0.33mg (16.6%), Manganese: 0.29mg (14.33%), Calcium: 127.98mg (12.8%), Copper: 0.24mg (12.15%), Fiber: 3.01g (12.03%), Magnesium: 45.96mg (11.49%), Vitamin B1: 0.16mg (10.78%), Vitamin B3: 2.03mg (10.15%), Folate: 34.76µg (8.69%), Iron: 1.41mg (7.85%), Vitamin B2: 0.12mg (7.26%), Vitamin B5: 0.63mg (6.32%), Zinc: 0.89mg (5.91%), Vitamin A: 288.3IU (5.77%), Vitamin B12: 0.23µg (3.91%), Selenium: 2.51µg (3.58%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.37µg (2.44%)