



 **58%**  
HEALTH SCORE

# Cook the Book: Olive Oil Mashed Potatoes with Coarse Pepper and Wispy Scallions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**223 kcal**

SIDE DISH

## Ingredients

- 1 teaspoon peppercorns whole black
- 4 servings sea salt
- 2.5 pounds yukon gold potatoes peeled cut into 2.5-cm chunks
- 2 spring onion very thinly sliced

## Equipment

- bowl
- sauce pan

- knife
- cutting board
- potato ricer

## Directions

- Put the potatoes and a pinch of salt in a large saucepan and fill with water. Bring the water to the boil and cook the potatoes for 12–15 minutes until tender.
- Meanwhile, put the peppercorns on a chopping board.
- Place the flat side of the blade of a chef's knife on top and, using the base of your palm, press down firmly and a little to the side, to crush the peppercorns.
- Drain the potatoes, then transfer them to a large bowl and immediately mash with a fork, or put them through a ricer. Stir in 1 tablespoon of salt, then, stirring until combined, drizzle in the oil.
- Serve warm with the spring onions, extra salt, pepper and an extra drizzle of oil on top.

## Nutrition Facts



## Properties

Glycemic Index:36.94, Glycemic Load:36.48, Inflammation Score:-5, Nutrition Score:15.419999879339%

## Flavonoids

Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 222.97kcal (11.15%), Fat: 0.3g (0.47%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 50.67g (16.89%), Net Carbohydrates: 44g (16%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 211.98mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin C: 56.98mg (69.06%), Vitamin B6: 0.84mg (42.16%), Potassium: 1224.73mg (34.99%), Manganese: 0.58mg (29.21%), Fiber: 6.67g (26.68%), Vitamin K: 19.61µg (18.67%), Magnesium: 68.29mg (17.07%), Phosphorus: 165.55mg (16.56%), Copper: 0.33mg (16.3%), Vitamin B1: 0.23mg (15.42%), Vitamin B3: 3.03mg (15.16%), Iron: 2.41mg (13.38%), Folate: 49.39µg (12.35%), Vitamin B5: 0.86mg (8.59%), Vitamin B2: 0.1mg (5.74%), Zinc: 0.86mg (5.73%), Calcium: 43.33mg (4.33%), Vitamin A: 71.51IU (1.43%), Selenium: 0.94µg (1.34%)