




Corn and Smoked Mozzarella Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons butter softened
- 0.3 cup cilantro leaves fresh chopped
- 3 cups ears corn fresh (6 ears)
- 1 tablespoon juice of lime fresh
- 0.8 cup milk 2% reduced-fat
- 2.5 pounds potatoes - remove skin red quartered

- 0.8 teaspoon salt
- 2 ounces mozzarella cheese smoked shredded

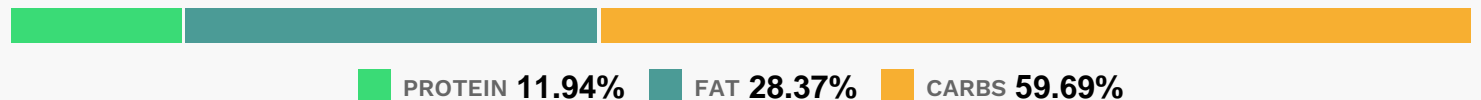
Equipment

- frying pan
- sauce pan

Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add corn; saut 5 minutes or until lightly browned. Cool.
- Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- Drain and return potato to pan.
- Add milk, cheese, and butter; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly.
- Add corn, cilantro, and remaining ingredients, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:10.249565044175%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 216.85kcal (10.84%), Fat: 7.22g (11.11%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 30.63g (11.14%), Sugar: 6.46g (7.18%), Cholesterol: 18.66mg (6.22%), Sodium: 340.57mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.67%), Potassium: 835.89mg (23.88%), Vitamin C: 16.63mg (20.16%), Phosphorus: 182.26mg (18.23%), Manganese: 0.31mg (15.63%), Vitamin B6: 0.3mg (15.23%), Fiber: 3.55g (14.2%), Vitamin B1: 0.21mg (14.07%), Magnesium: 55.76mg (13.94%), Vitamin B3: 2.63mg (13.15%), Folate:

50.63µg (12.66%), Copper: 0.22mg (11.24%), Vitamin B5: 0.89mg (8.87%), Vitamin B2: 0.14mg (8.11%), Calcium: 80.15mg (8.01%), Iron: 1.38mg (7.66%), Vitamin A: 348.64IU (6.97%), Zinc: 1.04mg (6.95%), Vitamin K: 6.61µg (6.3%), Vitamin B12: 0.29µg (4.8%), Selenium: 2.86µg (4.08%), Vitamin E: 0.21mg (1.41%)