



Corn Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups baking potato diced peeled
- ☐ 1 tablespoon butter
- ☐ 1 cup whole-kernel corn frozen thawed drained
- ☐ 1 teaspoon curry powder
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.8 cup coconut milk light
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

☐ 1.8 cups sweet potatoes and into diced peeled

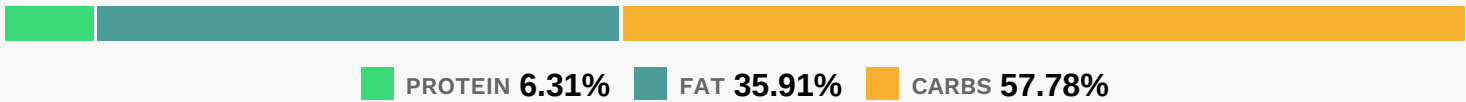
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes or until potatoes are almost tender.
- ☐ Add corn to pan; cook 5 minutes or until potatoes are tender.
- ☐ Drain well.
- ☐ Place potato mixture in a large bowl, and mash potato mixture with a potato masher.
- ☐ Combine coconut milk, oil, and butter in a small saucepan; bring to a boil. Stir milk mixture, curry, salt, and turmeric into potato mixture.

Nutrition Facts



Properties

Glycemic Index:25.34, Glycemic Load:8.89, Inflammation Score:-10, Nutrition Score:7.5234781887544%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 116.76kcal (5.84%), Fat: 4.76g (7.32%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.29g (5.56%), Sugar: 2.4g (2.66%), Cholesterol: 3.76mg (1.25%), Sodium: 232.54mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin A: 4183.37IU (83.67%), Vitamin B6: 0.22mg (10.9%), Manganese: 0.18mg (9.03%), Potassium: 306.93mg (8.77%), Fiber: 1.93g (7.71%), Magnesium: 20.44mg (5.11%), Copper: 0.1mg (4.83%), Phosphorus: 47.77mg (4.78%), Vitamin B1: 0.07mg (4.38%), Vitamin B5: 0.43mg (4.34%), Folate: 17.15µg (4.29%), Vitamin C: 3.48mg (4.21%), Vitamin B3: 0.82mg (4.08%), Iron: 0.71mg

(3.93%), Vitamin B2: 0.05mg (3.02%), Vitamin E: 0.45mg (2.99%), Vitamin K: 2.72µg (2.59%), Zinc: 0.29mg (1.93%), Calcium: 16.66mg (1.67%)