



Creamy herb & Parmesan mash

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



456 kcal

SIDE DISH

Ingredients

- ☐ 2 large floury potatoes cut into large chunks
- ☐ 150 ml milk
- ☐ 1 knob butter
- ☐ 25 g parmesan grated (or vegetarian alternative)
- ☐ 1 handful flat-leaf parsley and basil chopped

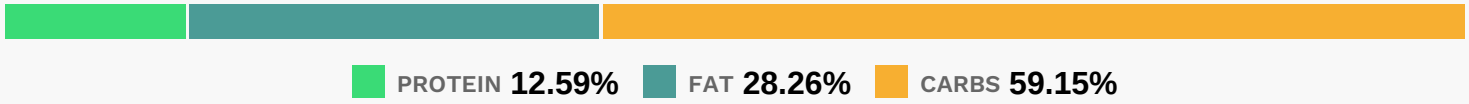
Equipment

- ☐ frying pan

Directions

- ☐ Boil potatoes in salted water for 15–20 mins until tender, then drain.
- ☐ Put the milk and butter in the pan, bring to the boil, add the potatoes, then mash until creamy. Stir in the cheese, season, then fold in the herbs.

Nutrition Facts



Properties

Glycemic Index:115.38, Glycemic Load:48.69, Inflammation Score:-8, Nutrition Score:24.708260691684%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 455.54kcal (22.78%), Fat: 14.57g (22.41%), Saturated Fat: 8.99g (56.16%), Carbohydrates: 68.61g (22.87%), Net Carbohydrates: 60.43g (21.97%), Sugar: 6.72g (7.47%), Cholesterol: 40.36mg (13.45%), Sodium: 320.42mg (13.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Vitamin C: 75.35mg (91.34%), Vitamin B6: 1.15mg (57.46%), Potassium: 1694.61mg (48.42%), Vitamin K: 40.99µg (39.04%), Phosphorus: 378.88mg (37.89%), Fiber: 8.18g (32.74%), Calcium: 292.7mg (29.27%), Manganese: 0.57mg (28.67%), Magnesium: 100.86mg (25.22%), Vitamin B1: 0.35mg (23.04%), Copper: 0.41mg (20.31%), Vitamin B3: 4.03mg (20.17%), Iron: 3.11mg (17.26%), Vitamin B2: 0.27mg (15.99%), Folate: 63.27µg (15.82%), Vitamin B5: 1.46mg (14.57%), Vitamin A: 661.19IU (13.22%), Zinc: 1.76mg (11.75%), Vitamin B12: 0.59µg (9.76%), Selenium: 5.5µg (7.85%), Vitamin D: 0.91µg (6.09%), Vitamin E: 0.36mg (2.41%)