



Creamy Herbed Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



3 tablespoons butter



3 tablespoons chives fresh chopped



2 tablespoons parsley fresh chopped



0.5 cup milk 2% reduced-fat



0.3 cup cream sour low-fat



0.5 teaspoon salt



2 pounds yukon gold potatoes cubed peeled

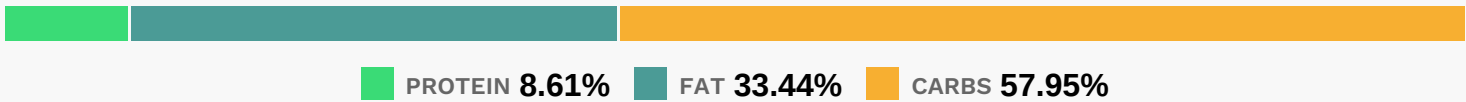
Equipment

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

Directions

- ☐ Place potato in a saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until tender.
- ☐ Drain. Return potato to pan.
- ☐ Add milk and remaining ingredients; mash with a potato masher to desired consistency.

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:19.37, Inflammation Score:-5, Nutrition Score:10.163912928623%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 190.62kcal (9.53%), Fat: 7.24g (11.14%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 24.82g (9.02%), Sugar: 2.24g (2.49%), Cholesterol: 19.98mg (6.66%), Sodium: 265.88mg (11.56%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.2g (8.39%), Vitamin C: 32.56mg (39.46%), Vitamin K: 28.65µg (27.28%), Vitamin B6: 0.46mg (22.96%), Potassium: 699.05mg (19.97%), Fiber: 3.43g (13.72%), Manganese: 0.25mg (12.65%), Phosphorus: 114.54mg (11.45%), Magnesium: 39.48mg (9.87%), Vitamin B1: 0.14mg (9.01%), Copper: 0.17mg (8.58%), Vitamin B3: 1.65mg (8.25%), Vitamin A: 407.52IU (8.15%), Folate: 30.05µg (7.51%), Iron: 1.31mg (7.27%), Calcium: 60.65mg (6.06%), Vitamin B2: 0.1mg (5.99%), Vitamin B5: 0.54mg (5.37%), Zinc: 0.61mg (4.07%), Vitamin B12: 0.16µg (2.61%), Selenium: 1.33µg (1.9%), Vitamin E: 0.23mg (1.51%)