



Creamy Lemon-Poppy Seed Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 3 tablespoons butter
- 0.3 cup approx cream cheese spread
- 6 garlic clove peeled
- 6 ounce optional: lemon
- 8 servings lemon zest fresh chopped
- 2 teaspoons lemon zest grated
- 0.3 cup milk low-fat

- 0.5 cup milk
- 1 teaspoons poppy seeds
- 1 teaspoon salt
- 1.5 teaspoons salt
- 3 pounds yukon gold potatoes cubed peeled

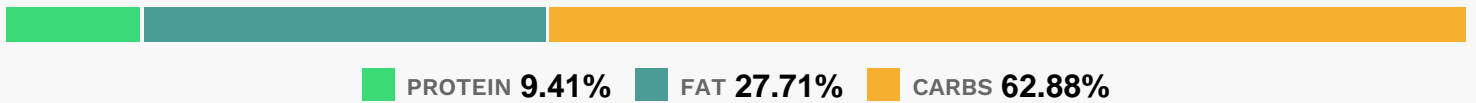
Equipment

- sauce pan
- hand mixer

Directions

- Bring first 5 ingredients and water to cover to a boil in a large saucepan; cook 15 to 20 minutes or until tender.
- Drain, discarding bay leaf, and return potatoes and garlic to saucepan.
- Add yogurt and next 3 ingredients; beat at medium speed with an electric mixer until smooth.
- Stir in poppy seeds, lemon rind, and salt.
- Garnish, if desired.
- *Plain nonfat yogurt and extra lemon rind may be substituted.

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:22.59, Inflammation Score:-5, Nutrition Score:11.042173898738%

Flavonoids

Eriodictyol: 4.54mg, Eriodictyol: 4.54mg, Eriodictyol: 4.54mg, Eriodictyol: 4.54mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 210.49kcal (10.52%), Fat: 6.71g (10.32%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 29.72g (10.81%), Sugar: 3.24g (3.6%), Cholesterol: 6.6mg (2.2%), Sodium: 828.96mg (36.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin C: 46.4mg (56.25%), Vitamin B6: 0.56mg (28.16%), Potassium: 795.31mg (22.72%), Fiber: 4.54g (18.14%), Manganese: 0.33mg (16.66%), Phosphorus: 131.37mg (13.14%), Magnesium: 45.7mg (11.42%), Vitamin B1: 0.17mg (11.06%), Copper: 0.21mg (10.29%), Vitamin B3: 1.86mg (9.31%), Iron: 1.55mg (8.59%), Folate: 30.24µg (7.56%), Calcium: 75.03mg (7.5%), Vitamin B5: 0.65mg (6.49%), Vitamin A: 303.75IU (6.07%), Vitamin B2: 0.1mg (5.62%), Zinc: 0.66mg (4.4%), Vitamin K: 3.32µg (3.16%), Vitamin B12: 0.13µg (2.21%), Selenium: 1.42µg (2.02%), Vitamin D: 0.25µg (1.66%), Vitamin E: 0.23mg (1.54%)