



Creamy Mashed Potatoes with Goat Cheese and Fresh Sage



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 4 teaspoons sage fresh chopped
- ☐ 5 ounces goat cheese fresh soft
- ☐ 4 servings sage sprigs fresh
- ☐ 0.3 cup milk whole ()
- ☐ 2 pounds yukon gold potatoes peeled cut into 3/4-inch cubes

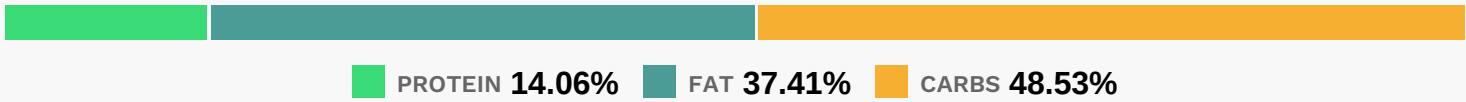
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook potatoes in large saucepan of boiling salted water until tender, about 12 minutes; drain well. Return to same pan.
- ☐ Add cheese, 1/4 cup milk, and butter; mash until smooth.
- ☐ Mix in chopped sage; season to taste with salt and pepper. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm over low heat, thinning with more milk, if too thick.) Mound potatoes in bowl.
- ☐ Garnish with fresh sage sprigs.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:29.28, Inflammation Score:-6, Nutrition Score:18.732173981874%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 330.49kcal (16.52%), Fat: 13.94g (21.45%), Saturated Fat: 9.16g (57.27%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 35.55g (12.93%), Sugar: 2.82g (3.14%), Cholesterol: 33.18mg (11.06%), Sodium: 194.92mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Copper: 6.69mg (334.5%), Vitamin C: 44.68mg (54.16%), Vitamin B6: 0.77mg (38.36%), Manganese: 0.59mg (29.31%), Potassium: 997.28mg (28.49%), Phosphorus: 237.83mg (23.78%), Fiber: 5.14g (20.54%), Magnesium: 63.27mg (15.82%), Iron: 2.67mg (14.84%), Vitamin B1: 0.22mg (14.74%), Vitamin B2: 0.23mg (13.72%), Vitamin B3: 2.56mg (12.81%), Vitamin A: 570.23IU (11.4%), Calcium: 110.64mg (11.06%), Folate: 40.75µg (10.19%), Vitamin B5: 0.98mg (9.77%), Zinc: 1.09mg (7.27%), Vitamin K: 5.48µg (5.22%), Selenium: 2.03µg (2.9%), Vitamin B12: 0.16µg (2.69%), Vitamin D: 0.31µg (2.06%), Vitamin E: 0.26mg (1.71%)