



## Dijon Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 tablespoon dijon mustard
- 2 tablespoons chives fresh minced
- 0.3 teaspoon salt
- 0.8 cup milk whole
- 1.5 pounds yukon gold potatoes quartered

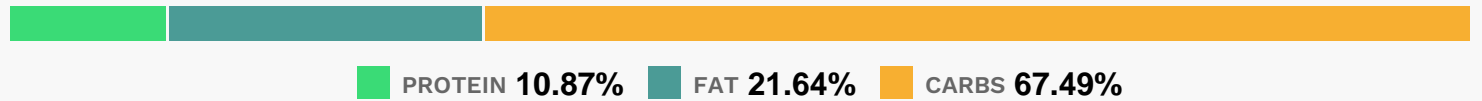
### Equipment

- bowl
- potato masher

## Directions

- Steam potatoes, covered, 20 minutes or until potatoes are very tender.
- Place potatoes in a large bowl; add milk, chives, Dijon mustard, butter, salt, and pepper. Mash potato mixture with a potato masher until desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:70.19, Glycemic Load:22.62, Inflammation Score:-5, Nutrition Score:10.733043481474%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

## Nutrients (% of daily need)

Calories: 186.88kcal (9.34%), Fat: 4.6g (7.08%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 28.27g (10.28%), Sugar: 3.61g (4.01%), Cholesterol: 13.02mg (4.34%), Sodium: 236.78mg (10.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Vitamin C: 34.4mg (41.69%), Vitamin B6: 0.54mg (26.76%), Potassium: 798.99mg (22.83%), Fiber: 4g (16.02%), Manganese: 0.32mg (15.78%), Phosphorus: 149.32mg (14.93%), Magnesium: 47.54mg (11.89%), Vitamin B1: 0.17mg (11.36%), Copper: 0.19mg (9.64%), Vitamin B3: 1.88mg (9.38%), Calcium: 82.46mg (8.25%), Iron: 1.44mg (7.98%), Folate: 29.2µg (7.3%), Vitamin B2: 0.12mg (7.26%), Vitamin B5: 0.7mg (6.98%), Vitamin K: 7.27µg (6.93%), Zinc: 0.72mg (4.8%), Vitamin A: 234.31IU (4.69%), Vitamin B12: 0.25µg (4.22%), Selenium: 2.72µg (3.88%), Vitamin D: 0.5µg (3.36%)