



Dilled Mashed Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon optional: dill dried
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 tablespoon butter light softened
- ☐ 0.5 cup milk 1% low-fat warmed
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1.5 pounds yukon gold potatoes peeled sliced into 1/4-inch slices

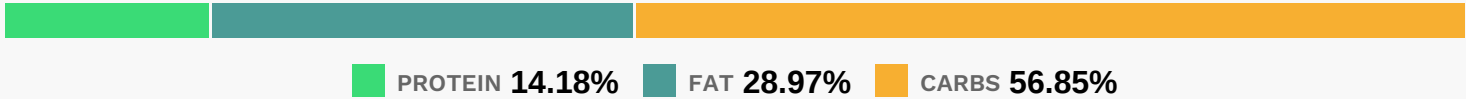
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potato in a large saucepan; add water to cover. Bring to a boil; partially cover, reduce heat, and simmer 12 minutes or until tender.
- ☐ Drain potatoes, and return to saucepan.
- ☐ Place saucepan over very low heat; add milk and next 5 ingredients. Mash potatoes with a potato masher; stir in parsley.

Nutrition Facts



Properties

Glycemic Index:34.95, Glycemic Load:17.5, Inflammation Score:-5, Nutrition Score:10.503478190173%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 175.99kcal (8.8%), Fat: 5.76g (8.86%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 22.37g (8.13%), Sugar: 2.28g (2.54%), Cholesterol: 15.49mg (5.16%), Sodium: 442.37mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Vitamin C: 28.96mg (35.1%), Vitamin K: 29.34µg (27.94%), Vitamin B6: 0.43mg (21.31%), Potassium: 632.39mg (18.07%), Phosphorus: 156.04mg (15.6%), Calcium: 131.12mg (13.11%), Fiber: 3.07g (12.26%), Manganese: 0.22mg (11.09%), Magnesium: 38.45mg (9.61%), Vitamin B1: 0.13mg (8.5%), Copper: 0.15mg (7.73%), Vitamin B2: 0.13mg (7.67%), Vitamin B3: 1.49mg (7.45%), Vitamin A: 348.13IU (6.96%), Iron: 1.24mg (6.9%), Folate: 27.09µg (6.77%), Zinc: 0.94mg (6.27%), Selenium: 4.15µg (5.92%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.27µg (4.46%), Vitamin D: 0.36µg (2.37%), Vitamin E: 0.16mg (1.07%)