



Edamame Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



37 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1.5 cups edamame green frozen shelled (soybeans)
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup warm milk 1% low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 pound yukon gold potatoes cubed peeled

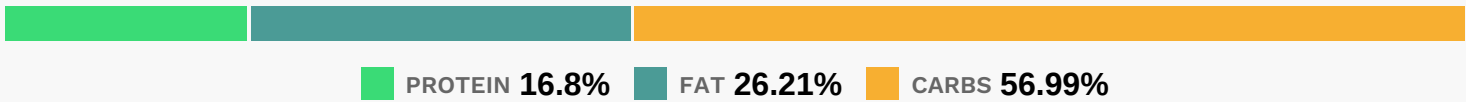
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ potato masher

Directions

- ☐ Place edamame in a medium saucepan.
- ☐ Add water to cover 2 inches above edamame; bring to a boil. Cook 7 to 8 minutes or until soft; drain and set aside.
- ☐ Place potato in same pan; add water to cover. Bring to a boil; reduce heat, and simmer, uncovered, 8 minutes or until tender.
- ☐ Drain, reserving 1/4 cup cooking liquid.
- ☐ Place edamame and reserved cooking liquid in a food processor or blender; process until smooth.
- ☐ Combine pureed edamame, potato, milk, and remaining ingredients in a large bowl. Mash with a potato masher until desired consistency.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:9.68, Inflammation Score:-2, Nutrition Score:5.3282608649005%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 133.95kcal (6.7%), Fat: 3.96g (6.09%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.18g (5.89%), Sugar: 2.25g (2.5%), Cholesterol: 7.77mg (2.59%), Sodium: 223.44mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin C: 14.95mg (18.12%), Potassium:

520.54mg (14.87%), Fiber: 3.18g (12.73%), Vitamin B6: 0.23mg (11.62%), Iron: 1.6mg (8.91%), Calcium: 65.6mg (6.56%), Manganese: 0.13mg (6.36%), Phosphorus: 61.55mg (6.15%), Magnesium: 19.76mg (4.94%), Vitamin B1: 0.07mg (4.7%), Copper: 0.08mg (4.2%), Vitamin B3: 0.82mg (4.09%), Folate: 13.1µg (3.28%), Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.27mg (2.75%), Vitamin A: 105.66IU (2.11%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.11µg (1.82%), Vitamin K: 1.78µg (1.69%), Vitamin D: 0.16µg (1.04%), Selenium: 0.72µg (1.02%)