



Garlic & herb mash



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 1 kg potatoes cut into large even-sized pieces
- ☐ 3 garlic cloves whole peeled
- ☐ 4 tbsp half-fat crème fraîche
- ☐ 1 large handful herb mixed soft roughly chopped (we used chives and parsley)
- ☐ 1 tablespoon milk

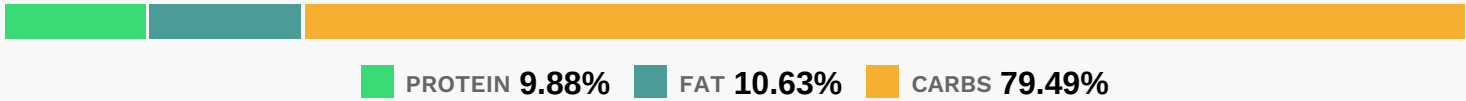
Equipment

- ☐ frying pan

Directions

- ☐ Boil the potatoes and garlic in salted water until tender.
- ☐ Drain, return to the pan and steam-dry for a few mins. Mash well, then stir through the creme fraiche, herbs and some seasoning, adding a little milk, if you like, for a softer consistency.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:32.25, Inflammation Score:-5, Nutrition Score:13.334347832462%

Flavonoids

Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 222.52kcal (11.13%), Fat: 2.69g (4.15%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 39.67g (14.43%), Sugar: 2.57g (2.86%), Cholesterol: 7.53mg (2.51%), Sodium: 20.59mg (0.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Vitamin C: 50.07mg (60.69%), Vitamin B6: 0.78mg (38.76%), Potassium: 1085.3mg (31.01%), Fiber: 5.65g (22.61%), Manganese: 0.43mg (21.7%), Phosphorus: 159.22mg (15.92%), Magnesium: 60.39mg (15.1%), Copper: 0.28mg (14.03%), Vitamin B1: 0.21mg (13.96%), Vitamin B3: 2.68mg (13.39%), Iron: 2.09mg (11.6%), Folate: 41.38µg (10.35%), Vitamin B5: 0.81mg (8.1%), Vitamin B2: 0.11mg (6.42%), Vitamin K: 6.53µg (6.22%), Calcium: 54.8mg (5.48%), Zinc: 0.81mg (5.42%), Selenium: 1.6µg (2.28%), Vitamin A: 90.29IU (1.81%)