



Garlic Mashed Potatoes Dijon

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



31 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted ()
- 0.3 cup grey poupon dijon mustard
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 2 Tbsp milk
- 1 medium onion chopped
- 2 lb potatoes cubed peeled

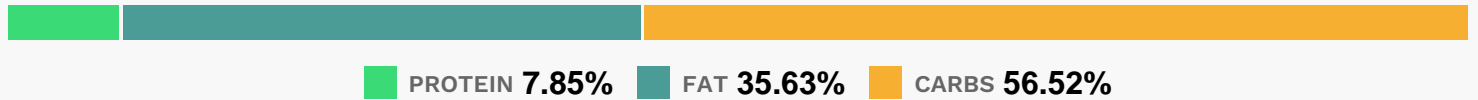
Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Cook potatoes, onion and garlic in boiling water in large covered saucepan 20 minutes or until potatoes are tender; drain.
- Beat potato mixture in large bowl with electric mixer on medium speed until smooth. Gradually beat in mustard, butter and milk until mixture is smooth and well blended. Stir in parsley.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:3, Inflammation Score:-1, Nutrition Score:1.7595652246281%

Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 30.63kcal (1.53%), Fat: 1.25g (1.92%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.82g (1.39%), Sugar: 0.36g (0.4%), Cholesterol: 0.09mg (0.03%), Sodium: 32.5mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin C: 5.25mg (6.36%), Vitamin K: 6.62µg (6.31%), Vitamin B6: 0.08mg (3.75%), Potassium: 106.53mg (3.04%), Fiber: 0.63g (2.52%), Manganese: 0.05mg (2.46%), Phosphorus: 17.05mg (1.71%), Vitamin A: 85.19IU (1.7%), Magnesium: 6.61mg (1.65%), Vitamin B1: 0.02mg (1.58%), Copper: 0.03mg (1.4%), Iron: 0.23mg (1.3%), Vitamin B3: 0.26mg (1.29%), Folate: 4.85µg (1.21%)