



Goat Cheese Mashed Potatoes



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients

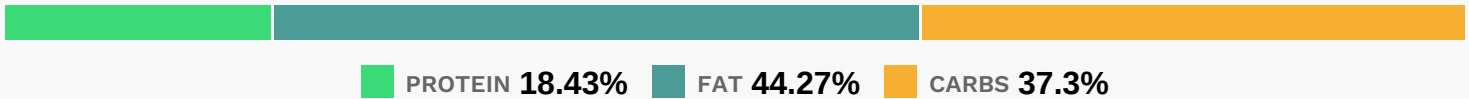
- ☐ 1 tablespoon butter room temperature
- ☐ 2 cloves garlic peeled
- ☐ 4 ounces goat cheese room temperature
- ☐ 4 servings coffee gravy
- ☐ 4 servings milk to taste
- ☐ 1 pound potatoes peeled cut into 1 inch cubes
- ☐ 4 servings salt and pepper to taste

Equipment

Directions

- ☐ Boil the potatoes and garlic until the potatoes are fork tender, about 20–30 minutes.
- ☐ Drain the potatoes and mash.
- ☐ Mix in the goat cheese, butter and enough milk to bring the mashed potatoes to the desired consistency.
- ☐ Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:18.97, Inflammation Score:-6, Nutrition Score:16.171304329582%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 336.31kcal (16.82%), Fat: 16.75g (25.77%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 29.23g (10.63%), Sugar: 12.91g (14.34%), Cholesterol: 49.93mg (16.64%), Sodium: 424.98mg (18.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.37%), Phosphorus: 386.79mg (38.68%), Calcium: 357.09mg (35.71%), Vitamin B6: 0.57mg (28.65%), Vitamin B2: 0.48mg (28.45%), Vitamin C: 22.81mg (27.65%), Potassium: 857.67mg (24.5%), Vitamin B12: 1.38µg (22.96%), Vitamin D: 2.8µg (18.65%), Copper: 0.34mg (16.85%), Vitamin B1: 0.25mg (16.69%), Vitamin A: 778IU (15.56%), Magnesium: 60.35mg (15.09%), Vitamin B5: 1.45mg (14.51%), Manganese: 0.24mg (11.86%), Zinc: 1.61mg (10.74%), Fiber: 2.53g (10.11%), Selenium: 6.02µg (8.6%), Iron: 1.45mg (8.06%), Vitamin B3: 1.59mg (7.93%), Folate: 21.7µg (5.42%), Vitamin K: 3.67µg (3.49%), Vitamin E: 0.27mg (1.78%)