



WHATSheATE



Golden Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 3 lb yukon gold potatoes unpeeled cut into 1-inch pieces (8 medium)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 6 oz yogurt plain fat free
- ☐ 0.3 teaspoon pepper fresh black
- ☐ 2 tablespoons chives fresh chopped

Equipment

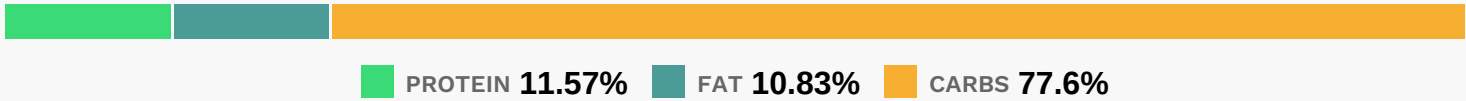
- ☐ sauce pan

☐ potato masher

Directions

- ☐ In 3-quart saucepan, place potatoes.
- ☐ Add water just to cover.
- ☐ Heat to boiling; reduce heat to low. Cover and boil gently (simmer) 15 to 20 minutes or until potatoes are fork-tender.
- ☐ Drain.
- ☐ In same saucepan, mash potatoes, butter and salt with potato masher just until lumpy. Gradually add yogurt, mashing until blended but still lumpy. Stir in pepper and chives.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:17.41, Inflammation Score:-3, Nutrition Score:7.7065217028493%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 126.99kcal (6.35%), Fat: 1.56g (2.4%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 22.12g (8.04%), Sugar: 2.38g (2.64%), Cholesterol: 0.34mg (0.11%), Sodium: 137.59mg (5.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin C: 27.31mg (33.1%), Vitamin B6: 0.41mg (20.57%), Potassium: 618.74mg (17.68%), Fiber: 3.02g (12.09%), Manganese: 0.22mg (10.9%), Phosphorus: 104.7mg (10.47%), Magnesium: 34.87mg (8.72%), Vitamin B1: 0.12mg (7.84%), Copper: 0.15mg (7.56%), Vitamin B3: 1.46mg (7.3%), Iron: 1.1mg (6.11%), Folate: 24.45µg (6.11%), Vitamin B5: 0.51mg (5.14%), Calcium: 51.04mg (5.1%), Vitamin B2: 0.08mg (4.95%), Vitamin K: 4.82µg (4.59%), Zinc: 0.56mg (3.76%), Vitamin B12: 0.1µg (1.73%), Selenium: 1.03µg (1.47%), Vitamin E: 0.22mg (1.45%)