



Golden Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup milk fat-free
- 0.5 teaspoon ground turmeric
- 2 tablespoons maple syrup
- 1 teaspoon mustard seeds
- 1 tablespoon olive oil
- 1 teaspoon salt
- 2.5 pounds yukon gold potatoes quartered

Equipment

- frying pan
- sauce pan
- potato masher

Directions

- Place potatoes in a large saucepan; cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender.
- Drain; return potatoes to pan.
- While potatoes cook, heat oil in a small saucepan over medium heat.
- Add mustard seeds; cook 2 minutes or until seeds begin to pop.
- Add milk, syrup, and turmeric; simmer until reduced to 1/2 cup (about 10 minutes).
- Add milk mixture, salt, and pepper, and mash with potato masher or fork to desired consistency.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:26.5, Inflammation Score:-8, Nutrition Score:11.889999928682%

Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 201.59kcal (10.08%), Fat: 2.74g (4.21%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 35.57g (12.93%), Sugar: 7.57g (8.41%), Cholesterol: 1.23mg (0.41%), Sodium: 416.47mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin C: 37.31mg (45.23%), Vitamin B6: 0.59mg (29.33%), Potassium: 889.08mg (25.4%), Manganese: 0.49mg (24.56%), Fiber: 4.3g (17.19%), Phosphorus: 156.27mg (15.63%), Magnesium: 52.24mg (13.06%), Vitamin B1: 0.18mg (12.19%), Vitamin B2: 0.2mg (11.8%), Copper:

0.21mg (10.58%), Vitamin B3: 2.08mg (10.4%), Iron: 1.63mg (9.05%), Calcium: 86.48mg (8.65%), Folate: 31.96µg (7.99%), Vitamin B5: 0.71mg (7.12%), Zinc: 0.82mg (5.46%), Vitamin K: 5.32µg (5.06%), Vitamin B12: 0.24µg (3.95%), Selenium: 2.44µg (3.49%), Vitamin D: 0.45µg (2.99%), Vitamin E: 0.39mg (2.58%), Vitamin A: 88.15IU (1.76%)