



## Gorgonzola and Chive Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



49 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup chives fresh chopped
- 2 ounces gorgonzola cheese crumbled
- 0.7 cup milk 1% low-fat
- 1 teaspoon olive oil
- 2 tablespoons onion red minced
- 0.5 teaspoon salt
- 2 large yukon gold potatoes peeled cut into 1-inch cubes ( 1 1/2 pounds)

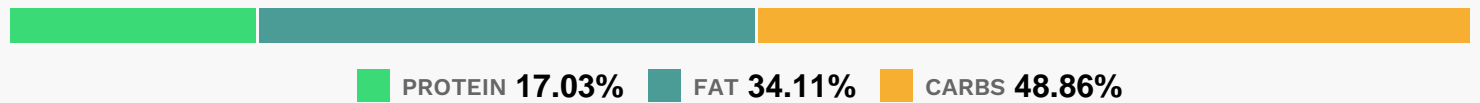
## Equipment

- frying pan
- sauce pan
- potato masher

## Directions

- Place potatoes in a medium saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until potatoes are tender.
- Drain; return potatoes to pan. Mash with a potato masher.
- Heat oil in a small nonstick skillet over medium heat.
- Add onion, and cook 3 minutes or until soft; stir in milk and cheese. Reduce heat to low; cook 4 to 5 minutes or until heated and cheese begins to melt.
- Add milk mixture to mashed potatoes. Stir in chives, salt, and pepper.

## Nutrition Facts



## Properties

Glycemic Index:35.79, Glycemic Load:7.4, Inflammation Score:-3, Nutrition Score:5.2560870077299%

## Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 96.2kcal (4.81%), Fat: 3.7g (5.69%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 10.55g (3.84%), Sugar: 1.96g (2.18%), Cholesterol: 8.4mg (2.8%), Sodium: 316.3mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin C: 12.38mg (15%), Vitamin B6: 0.21mg (10.26%), Phosphorus: 97.94mg (9.79%), Calcium: 92.53mg (9.25%), Potassium: 315.41mg (9.01%), Vitamin B2: 0.09mg (5.52%), Manganese: 0.11mg (5.5%), Fiber: 1.37g (5.46%), Vitamin K: 5.43µg (5.17%), Magnesium: 19.53mg (4.88%), Vitamin B12: 0.28µg (4.59%), Vitamin B1: 0.07mg (4.4%), Vitamin B5: 0.44mg (4.36%), Vitamin A: 197.7IU (3.95%), Folate: 15.39µg (3.85%), Vitamin B3: 0.74mg (3.69%), Zinc: 0.54mg (3.63%), Copper: 0.07mg (3.52%), Selenium:

2.13µg (3.04%), Iron: 0.52mg (2.88%), Vitamin D: 0.34µg (2.24%)