



Gorgonzola-Walnut Potatoes

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.3 cup parsley fresh chopped
- 0.7 cup gorgonzola cheese crumbled
- 0.5 cup half-and-half
- 0.8 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 0.5 cup walnuts toasted chopped
- 2 pounds yukon gold potatoes

Equipment

Directions

- Quarter potatoes; boil in salted water to cover 20 minutes or until tender.
- Drain potatoes, and coarsely mash with Gorgonzola cheese, half-and-half, butter, chopped fresh parsley, freshly ground pepper, and salt.
- Sprinkle with chopped toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:40.79, Glycemic Load:19.61, Inflammation Score:-6, Nutrition Score:14.397391211727%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 320.27kcal (16.01%), Fat: 20.11g (30.95%), Saturated Fat: 9.27g (57.94%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 25.11g (9.13%), Sugar: 2.36g (2.62%), Cholesterol: 36.81mg (12.27%), Sodium: 325.12mg (14.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.07%), Vitamin K: 45.77µg (43.59%), Vitamin C: 33.42mg (40.51%), Manganese: 0.6mg (30.08%), Vitamin B6: 0.53mg (26.63%), Potassium: 757.76mg (21.65%), Phosphorus: 191.78mg (19.18%), Copper: 0.33mg (16.61%), Fiber: 4.13g (16.5%), Magnesium: 56.95mg (14.24%), Vitamin A: 620.49IU (12.41%), Calcium: 122.46mg (12.25%), Vitamin B1: 0.17mg (11.12%), Folate: 43µg (10.75%), Vitamin B3: 1.89mg (9.46%), Iron: 1.69mg (9.41%), Vitamin B2: 0.16mg (9.19%), Vitamin B5: 0.8mg (8.02%), Zinc: 1.19mg (7.94%), Selenium: 3.51µg (5.01%), Vitamin B12: 0.21µg (3.46%), Vitamin E: 0.41mg (2.71%)