



## Green Chile Mashers

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

### Ingredients

- 0.3 cup percent milk
- 1 tablespoon canola oil
- 0.3 cup cilantro leaves chopped for garnish
- 0.3 cup cotija cheese for garnish, optional
- 1 teaspoon freshly cracked pepper black
- 1 cup pepper jack shredded
- 2 pasilla peppers
- 2 pounds russet potatoes peeled quartered

- 1 teaspoon salt
- 1 serrano chiles
- 0.5 cup cup heavy whipping cream sour
- 0.3 cup butter unsalted

## Equipment

- bowl
- frying pan
- pot
- potato masher
- grill
- broiler
- ziploc bags

## Directions

- Watch how to make this recipe.
- Heat a grill or broiler to medium-low. Rub the peppers lightly with the canola oil and put on a sheet pan. Roast the peppers until blackened, then transfer them to a paper bag or thick plastic bag to steam. When cool enough to handle, peel and remove the seeds, then dice. Set aside.
- Add the potatoes to a large pot and cover with salted water. Cook the potatoes over medium-low heat until fork tender, about 8 to 10 minutes. When tender, drain and return the potatoes to the pot.
- Add the sour cream, milk, butter, pepper jack, salt, pepper, and the diced peppers. Mash by hand with a potato masher and adjust seasoning, if needed. Hold warm until ready to serve.
- Transfer to a serving bowl and garnish with cilantro and cotija, if desired.

## Nutrition Facts



**PROTEIN 11.27%** **FAT 53.62%** **CARBS 35.11%**

## Properties

Glycemic Index:35.46, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:13.845652150071%

## Flavonoids

Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

## Nutrients (% of daily need)

Calories: 346.81kcal (17.34%), Fat: 21.18g (32.58%), Saturated Fat: 11.59g (72.41%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 28.42g (10.34%), Sugar: 3.19g (3.54%), Cholesterol: 54.75mg (18.25%), Sodium: 592.66mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.03%), Vitamin C: 41.33mg (50.1%), Vitamin B6: 0.67mg (33.54%), Calcium: 230.63mg (23.06%), Phosphorus: 222.9mg (22.29%), Potassium: 770.07mg (22%), Manganese: 0.34mg (17.08%), Vitamin A: 741.46IU (14.83%), Vitamin B2: 0.24mg (14.31%), Magnesium: 49.18mg (12.29%), Vitamin B1: 0.17mg (11.24%), Fiber: 2.78g (11.12%), Vitamin K: 11.6µg (11.05%), Copper: 0.2mg (10.15%), Vitamin B3: 1.89mg (9.46%), Iron: 1.68mg (9.36%), Zinc: 1.36mg (9.1%), Folate: 33.15µg (8.29%), Selenium: 5.35µg (7.64%), Vitamin B5: 0.71mg (7.15%), Vitamin E: 0.95mg (6.35%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.28µg (1.87%)