



Green Mashed Potatoes



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



5

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds russet potatoes peeled cut into 2 inch chunks (3 large or 5 medium potatoes)
- ☐ 5 servings salt
- ☐ 1 cup parsley fresh chopped
- ☐ 0.5 cup green onions chopped (scallions)
- ☐ 0.5 cup milk divided
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 3 Tbsp butter to taste (more)
- ☐ 1 teaspoon pepper black freshly ground

- ☐ 3 sprigs tied up dried with cheesecloth

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ potato masher
- ☐ stove
- ☐ colander
- ☐ potato ricer

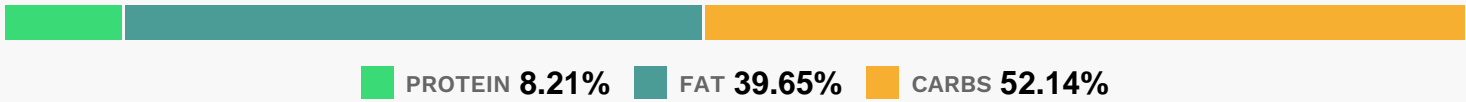
Directions

- ☐ Place the peeled and cut potatoes and the thyme in a medium (2 quart) saucepan and cover with cold water.
- ☐ Add two teaspoons of salt to the water.
- ☐ Bring to a boil and reduce heat to maintain a low simmer. Simmer for 15 to 20 minutes until the potatoes are easily pierced with a fork.
- ☐ Purée parsley and green onions with milk: While the potatoes are cooking, chop up the parsley and the green onions.
- ☐ Place the chopped green onions and parsley in a food processor.
- ☐ Add a teaspoon of salt and the 1/4 cup of the milk. Pulse until smooth.
- ☐ Drain potatoes, heat milk, cream, butter: When the potatoes are done, drain them in a colander and place them in a large bowl. Discard the thyme sprigs. Return the still hot, empty pot to the stove and add the remaining milk, cream, and butter.
- ☐ Heat on low heat until the butter is melted.
- ☐ Mash the potatoes: While the milk is heating, mash the cooked potatoes with a potato masher or use a potato ricer. (Do not over mix or the potatoes will turn gluey.)
- ☐ Stir mashed potatoes into heated milk and cream, stir in parsley purée: Return the mashed potatoes to the pot with the milk mixture and stir to combine. Turn off the heat. Stir in the parsley green onion purée.

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Add freshly ground black pepper, another teaspoon of salt, or more or less to taste.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:26.54, Inflammation Score:-9, Nutrition Score:17.26304365241%

Flavonoids

Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 269.7kcal (13.49%), Fat: 12.3g (18.93%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 33.06g (12.02%), Sugar: 3g (3.33%), Cholesterol: 34.69mg (11.56%), Sodium: 278.86mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin K: 232.76µg (221.67%), Vitamin C: 28.55mg (34.61%), Vitamin B6: 0.67mg (33.33%), Vitamin A: 1564.76IU (31.3%), Potassium: 910.86mg (26.02%), Manganese: 0.42mg (20.99%), Iron: 3.25mg (18.04%), Phosphorus: 145.88mg (14.59%), Magnesium: 55.67mg (13.92%), Fiber: 3.34g (13.35%), Folate: 52.48µg (13.12%), Vitamin B1: 0.18mg (12.31%), Copper: 0.23mg (11.26%), Vitamin B3: 2.16mg (10.79%), Calcium: 100.49mg (10.05%), Vitamin B2: 0.14mg (8.33%), Vitamin B5: 0.74mg (7.38%), Zinc: 0.87mg (5.81%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.46µg (3.06%), Vitamin B12: 0.17µg (2.75%), Selenium: 1.75µg (2.5%)