



Green Onion Champ



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 0.8 cup green onions finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.3 cups milk whole
- ☐ 2.5 pounds yukon gold potatoes cubed peeled

Equipment

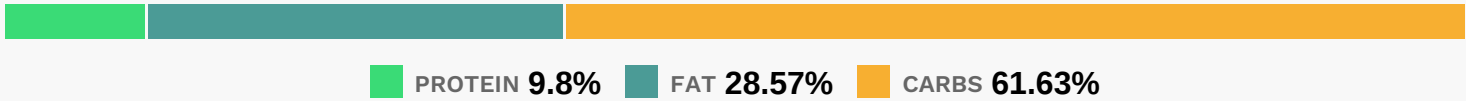
- ☐ bowl

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place potato in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until potato is tender; drain.
- ☐ Combine milk and onions in a small saucepan; bring to a simmer. Cook 3 minutes.
- ☐ Remove from heat.
- ☐ Combine potato, milk mixture, butter, salt, and pepper in a bowl; beat with a mixer at medium speed until smooth.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:25.28, Inflammation Score:-6, Nutrition Score:13.121304361717%

Flavonoids

Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 230.64kcal (11.53%), Fat: 7.5g (11.54%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 31.89g (11.6%), Sugar: 4.22g (4.68%), Cholesterol: 21.15mg (7.05%), Sodium: 368.38mg (16.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin C: 39.58mg (47.98%), Vitamin B6: 0.6mg (29.84%), Vitamin K: 30.38µg (28.93%), Potassium: 910.38mg (26.01%), Fiber: 4.53g (18.1%), Manganese: 0.33mg (16.66%), Phosphorus: 165.64mg (16.56%), Magnesium: 52.5mg (13.13%), Vitamin B1: 0.19mg (12.47%), Copper: 0.22mg (10.87%), Vitamin B3: 2.12mg (10.58%), Calcium: 96.8mg (9.68%), Folate: 38.48µg (9.62%), Iron: 1.68mg (9.33%), Vitamin B2: 0.14mg (8.43%), Vitamin A: 386.6IU (7.73%), Vitamin B5: 0.77mg (7.68%), Zinc: 0.81mg (5.43%), Vitamin B12: 0.29µg (4.77%), Vitamin D: 0.56µg (3.73%), Selenium: 1.69µg (2.41%), Vitamin E: 0.28mg (1.85%)