



Green Onion Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup green onions chopped
- ☐ 2 teaspoons kosher salt
- ☐ 0.7 cup chicken broth reduced-sodium
- ☐ 4 oz neufchatel cheese light (cream cheese)
- ☐ 2 pounds russet potatoes unpeeled cut into chunks

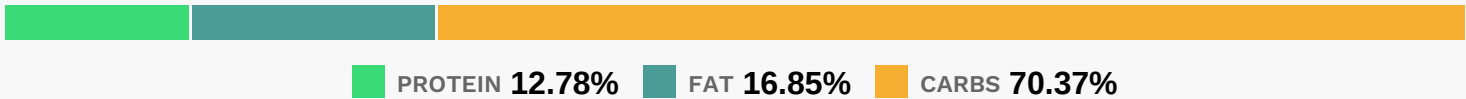
Equipment

- ☐ pot
- ☐ hand mixer

Directions

- ☐ Cover potatoes with water in a large pot and boil until tender when pierced, about 20 minutes.
- ☐ Drain and return to pot.
- ☐ Mix potatoes with a hand mixer just to break up.
- ☐ Add cheese, broth, salt, and green onions and mix just until blended.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:10.83, Inflammation Score:-2, Nutrition Score:4.5147825829361%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 82.59kcal (4.13%), Fat: 1.6g (2.45%), Saturated Fat: 0.9g (5.66%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 13.87g (5.04%), Sugar: 1.17g (1.29%), Cholesterol: 5.1mg (1.7%), Sodium: 430.11mg (18.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin B6: 0.27mg (13.49%), Vitamin K: 12.96µg (12.35%), Potassium: 365.28mg (10.44%), Vitamin C: 5.35mg (6.49%), Manganese: 0.13mg (6.48%), Phosphorus: 61.93mg (6.19%), Vitamin B3: 1mg (5.02%), Magnesium: 19.4mg (4.85%), Copper: 0.09mg (4.62%), Vitamin B1: 0.07mg (4.59%), Fiber: 1.13g (4.51%), Iron: 0.78mg (4.33%), Folate: 15.93µg (3.98%), Vitamin B5: 0.31mg (3.12%), Vitamin B2: 0.05mg (2.99%), Calcium: 28.58mg (2.86%), Vitamin A: 108.31IU (2.17%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.1µg (1.67%), Selenium: 0.71µg (1.02%)