



Green Wasabi Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 3 cups fat-skimmed chicken broth
- ☐ 1 cup parsley chopped
- ☐ 3 pounds thin-skinned potatoes white red (, , or Yukon gold)
- ☐ 6 servings salt
- ☐ 1 tablespoons wasabi paste
- ☐ 0.3 cup whipping cream

Equipment

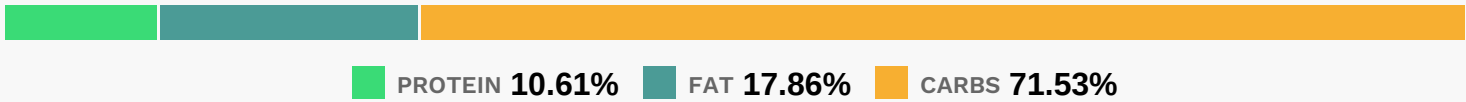
- ☐ frying pan

- ☐ blender
- ☐ potato masher

Directions

- ☐ Peel potatoes, rinse, and cut into 2-inch chunks. In a 3- to 4-quart pan, combine potatoes and broth. Cover and bring to a boil over high heat. Simmer until potatoes mash easily, 20 to 25 minutes.
- ☐ Drain, reserving broth. Put 3/4 cup broth and parsley in a blender. Whirl until smooth.
- ☐ Add parsley mixture and 1 tablespoon wasabi paste to potatoes. Beat with a mixer or mash with a potato masher until smooth, adding more broth to make potatoes as creamy as you like. Season to taste with salt and more wasabi. And for a smoother texture, mix in whipping cream.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:17.25173922207%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 203.34kcal (10.17%), Fat: 4.19g (6.44%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 33.34g (12.12%), Sugar: 3.47g (3.86%), Cholesterol: 11.21mg (3.74%), Sodium: 707.53mg (30.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin K: 170.89µg (162.76%), Vitamin C: 33.91mg (41.1%), Potassium: 1145.03mg (32.72%), Vitamin B6: 0.42mg (21.04%), Vitamin A: 1004.93IU (20.1%), Manganese: 0.36mg (17.93%), Fiber: 4.38g (17.52%), Copper: 0.35mg (17.27%), Vitamin B3: 3.4mg (16.98%), Phosphorus: 164.38mg (16.44%), Magnesium: 58.45mg (14.61%), Folate: 58.01µg (14.5%), Iron: 2.47mg (13.73%), Vitamin B1: 0.21mg (13.7%), Vitamin B5: 0.84mg (8.39%), Vitamin B2: 0.13mg (7.38%), Zinc: 0.94mg (6.29%), Selenium: 3.94µg (5.63%), Calcium: 50.88mg (5.09%), Vitamin B12: 0.24µg (4.05%), Vitamin E: 0.19mg (1.26%), Vitamin D: 0.16µg (1.06%)