



Herb Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 2 tablespoons chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 24 oz steam-and-mash garlic-seasoned potatoes frozen
- 2 garlic cloves chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- bowl
- microwave

Directions

- Microwave butter and garlic in a 3-qt. glass bowl at HIGH 2 minutes or until golden brown and bubbly.
- Prepare potatoes according to package directions. Stir in butter mixture and remaining ingredients.
- Serve immediately.
- Note: For testing purposes only, we used Ore-Ida Steam n' Mash Garlic Seasoned Potatoes.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:16.02, Inflammation Score:-8, Nutrition Score:24.852608859539%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 332.76kcal (16.64%), Fat: 9.41g (14.47%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 53.39g (19.41%), Sugar: 1.77g (1.97%), Cholesterol: 22.58mg (7.53%), Sodium: 388.59mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.27%), Manganese: 2.91mg (145.53%), Vitamin B6: 2.13mg (106.64%), Vitamin C: 57.07mg (69.18%), Vitamin K: 40.06µg (38.15%), Selenium: 24.5µg (35%), Calcium: 318.54mg (31.85%), Phosphorus: 267.49mg (26.75%), Copper: 0.52mg (26.1%), Vitamin B1: 0.35mg (23.13%), Potassium: 709.53mg (20.27%), Iron: 3.09mg (17.19%), Fiber: 3.77g (15.08%), Zinc: 2.03mg (13.56%), Vitamin B2: 0.2mg (11.56%), Magnesium: 45.17mg (11.29%), Vitamin B5: 1.05mg (10.51%), Vitamin A: 512.98IU (10.26%), Vitamin B3: 1.24mg (6.22%), Vitamin E: 0.4mg (2.68%), Folate: 10.12µg (2.53%)