

Herbed Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 teaspoon optional: dill
- 0.5 teaspoon rosemary leaves fresh minced
- 1 garlic clove minced
- 0.5 teaspoon lemon zest grated
- 0.3 cup onion chopped
- 6 servings paprika
- 4 large potatoes cubed peeled

- 0.3 teaspoon pepper red crushed
- 0.3 teaspoon salt
- 0.8 cup cream sour

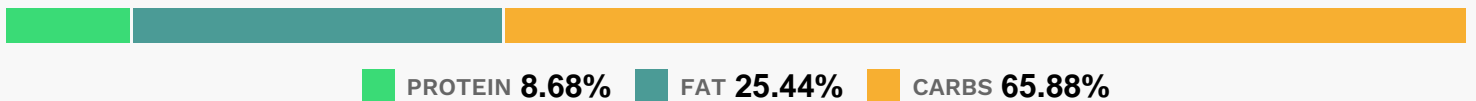
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10–15 minutes or until tender. Meanwhile, in a small skillet, saute onion and garlic in butter until tender.
- Drain and mash potatoes; add the onion mixture, sour cream, dill, salt, rosemary, lemon peel and red pepper flakes if desired.
- Spoon into a greased 1-1/2-qt. baking dish.
- Sprinkle with paprika if desired. Cover and bake at 350° for 25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:36.79, Glycemic Load:31.75, Inflammation Score:-8, Nutrition Score:15.330869565839%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 273.35kcal (13.67%), Fat: 7.97g (12.27%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 40.14g (14.59%), Sugar: 3.5g (3.89%), Cholesterol: 21.98mg (7.33%), Sodium: 138.76mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Vitamin C: 49.78mg (60.34%), Vitamin B6: 0.8mg (39.97%), Potassium: 1134.83mg (32.42%), Fiber: 6.32g (25.28%), Vitamin A: 1253.97IU (25.08%), Manganese: 0.43mg (21.66%), Phosphorus: 172.54mg (17.25%), Magnesium: 64.24mg (16.06%), Copper: 0.29mg (14.56%), Vitamin B1: 0.21mg (14.31%), Vitamin B3: 2.85mg (14.23%), Iron: 2.41mg (13.38%), Folate: 43.92µg (10.98%), Vitamin B2: 0.16mg (9.2%), Vitamin B5: 0.89mg (8.93%), Calcium: 67.27mg (6.73%), Vitamin K: 7.01µg (6.67%), Zinc: 0.92mg (6.15%), Vitamin E: 0.8mg (5.36%), Selenium: 2.08µg (2.98%), Vitamin B12: 0.06µg (1.07%)