



Horseradish Mashed Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds potato boiling unpeeled cut into 1/2-inch slices
- ☐ 0.3 cup yogurt plain fat-free low-fat
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons skim milk fat-free (skim)
- ☐ 1 serving parsley fresh chopped

Equipment

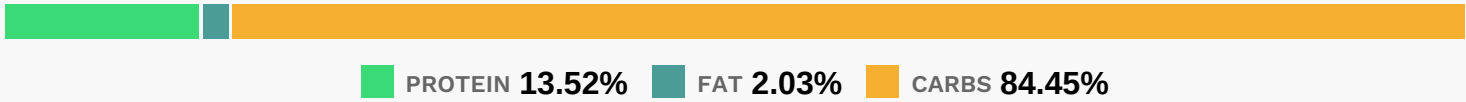
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Heat 1 inch water to boiling in 3-quart saucepan.
- ☐ Add potatoes.
- ☐ Heat to boiling; reduce heat to low. Cook about 15 minutes or until tender; drain. Return potatoes to saucepan. Shake pan with potatoes over low heat to dry; remove from heat.
- ☐ Mash potatoes until no lumps remain. Beat in yogurt, horseradish and salt.
- ☐ Add milk in small amounts, beating after each addition (amount of milk needed to make potatoes smooth and fluffy depends on the kind of potatoes used). Beat vigorously until potatoes are light and fluffy.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:25.06, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:9.2943477935117%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 135.21kcal (6.76%), Fat: 0.31g (0.48%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 26.42g (9.61%), Sugar: 4.45g (4.94%), Cholesterol: 0.63mg (0.21%), Sodium: 356.41mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Potassium: 853.35mg (24.38%), Vitamin C: 17.08mg (20.7%), Vitamin K: 21.42µg (20.4%), Vitamin B6: 0.31mg (15.4%), Phosphorus: 145.58mg (14.56%), Manganese: 0.25mg (12.41%), Fiber: 3.05g (12.19%), Copper: 0.23mg (11.75%), Magnesium: 43.72mg (10.93%), Vitamin B1: 0.15mg (10.2%), Vitamin B3: 2.02mg (10.08%), Folate: 36.88µg (9.22%), Iron: 1.34mg (7.45%), Calcium: 71.2mg (7.12%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.64mg (6.4%), Zinc: 0.84mg (5.57%), Vitamin B12: 0.17µg (2.8%), Selenium: 1.84µg (2.63%), Vitamin A: 112.95IU (2.26%)