



Horseradish Mashed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients



2 tablespoons horseradish white prepared



3 tablespoons olive oil extra-virgin



2.3 pounds yukon gold potatoes peeled quartered

Equipment



bowl



sauce pan



microwave

Directions

- ☐ Cook potatoes in large saucepan of boiling salted water until tender, about 20 minutes.
- ☐ Drain, reserving 1 cup cooking liquid.
- ☐ Place in large microwave-safe bowl.
- ☐ Add 3 tablespoons oil. Mash until potatoes are smooth, adding remaining 1 tablespoon oil, if desired, and reserved cooking liquid by 1/4 cupfuls to moisten to desired consistency.
- ☐ Mix in horseradish. Season to taste with salt and pepper. DO AHEAD: Potatoes can be made up to 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm potatoes in microwave before continuing.
- ☐ Transfer potatoes to bowl and serve.
- ☐ Per serving: 254.0 kcal calories,
- ☐ 9 % calories from fat, 7.0 g fat,
- ☐ 0 g saturated fat,
- ☐ mg cholesterol,
- ☐ 3 g carbohydrates,
- ☐ 4 g total sugars,
- ☐ 8 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:19.79, Glycemic Load:21.89, Inflammation Score:-3, Nutrition Score:9.0913044372978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 195.25kcal (9.76%), Fat: 7.19g (11.06%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 26.37g (9.59%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 31.35mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin C: 34.75mg (42.13%), Vitamin B6: 0.51mg (25.27%), Potassium: 728.48mg (20.81%), Fiber: 3.91g (15.63%), Manganese: 0.27mg (13.33%), Magnesium: 40.47mg (10.12%), Phosphorus: 98.51mg (9.85%), Copper: 0.19mg (9.33%), Vitamin B1: 0.14mg (9.1%), Vitamin B3: 1.81mg (9.06%), Iron: 1.39mg (7.71%), Folate: 30.07µg (7.52%), Vitamin K: 7.51µg (7.15%), Vitamin E: 1.03mg (6.84%), Vitamin B5: 0.51mg (5.08%), Zinc: 0.53mg (3.57%), Vitamin B2: 0.06mg (3.27%), Calcium: 23.28mg (2.33%)