



HEALTH SCORE

51%

Horseradish Smashed Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cups fat-skimmed chicken broth
- ☐ 1 tablespoons horseradish prepared
- ☐ 8 servings bell pepper to taste
- ☐ 3 pounds russet potatoes
- ☐ 8 servings salt to taste
- ☐ 2.5 quarts water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Scrub and peel 3 to 3 1/2 pounds russet potatoes; cut into 1 1/2-inch chunks.
- ☐ Put them in a 4- to 5-quart pan with 2 1/2 quarts water. Bring to a boil over high heat; reduce heat, cover, and simmer until potatoes mash easily when pressed, 20 to 25 minutes.
- ☐ When potatoes are done, heat 1 to 1 1/2 cups half-and-half (light cream) or fat-skimmed chicken broth with 2 tablespoons butter or margarine in a microwave-safe container in a microwave oven at full power (100%) just until steaming (don't boil), 1 to 3 minutes. Or warm in a 1- to 1 1/2-quart pan over medium heat.
- ☐ While cream heats, drain potatoes and mash in pan with a mixer or potato masher until almost smooth.
- ☐ Add cream, a portion at a time, and mix until potatoes have the consistency desired. Stir in salt, pepper, and 1 to 2 tablespoons prepared horseradish to taste. Mound beside Merlot pot roast or scrape into a bowl.

Nutrition Facts



Properties

Glycemic Index:18.97, Glycemic Load:25.16, Inflammation Score:-9, Nutrition Score:16.418695501659%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 180.95kcal (9.05%), Fat: 3.24g (4.98%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 31.67g (11.52%), Sugar: 4.38g (4.86%), Cholesterol: 0mg (0%), Sodium: 377mg (16.39%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin C: 105.53mg (127.91%), Vitamin A: 2459.53IU (49.19%), Vitamin B6: 0.81mg (40.46%), Potassium: 881.14mg (25.18%), Manganese: 0.36mg (17.82%), Fiber: 3.84g (15.35%), Folate: 59.47µg (14.87%), Vitamin B3: 2.66mg (13.28%), Magnesium: 51.92mg (12.98%), Vitamin B1: 0.18mg (12.15%), Copper: 0.24mg (12.09%), Phosphorus: 117.43mg (11.74%), Iron: 1.83mg (10.18%), Vitamin E: 1.3mg (8.69%), Vitamin B5: 0.79mg (7.87%), Vitamin B2: 0.13mg (7.48%), Vitamin K: 6.74µg (6.42%), Zinc: 0.73mg (4.87%), Calcium: 39.55mg (3.96%), Selenium: 1.43µg (2.05%)