



Irish Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.5 cups cabbage coarsely chopped
- ☐ 1 chicken-flavored bouillon cube
- ☐ 0.3 cup milk fat-free
- ☐ 6 garlic cloves peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 3 pounds yukon gold red peeled halved

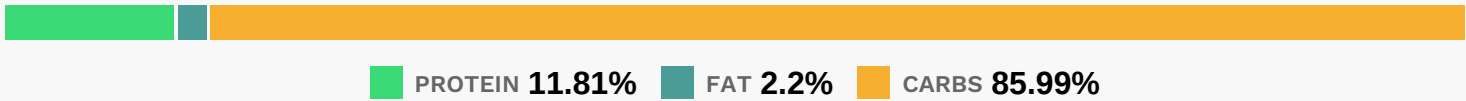
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a large stockpot; cover with water. Bring to a boil; cover, reduce heat, and simmer 30 minutes.
- ☐ Drain.
- ☐ Return potato mixture to pan.
- ☐ Add cream cheese and the next 4 ingredients (cream cheese through pepper); mash with a potato masher. Spoon potato mixture into a 1 1/2-quart casserole coated with cooking spray. Cover and bake at 350 for 45 minutes or until thoroughly heated.
- ☐ Note: This can be made a day ahead; just cool, cover, and refrigerate. Reheat in oven or microwave.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:12.876087002132%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 183.07kcal (9.15%), Fat: 0.47g (0.72%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 36.24g (13.18%), Sugar: 4.56g (5.06%), Cholesterol: 1.26mg (0.42%), Sodium: 417.25mg (18.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin C: 31.12mg (37.72%), Potassium: 1126.15mg (32.18%), Vitamin K: 28.93µg (27.55%), Vitamin B6: 0.47mg (23.38%), Manganese: 0.43mg (21.45%), Fiber: 4.67g (18.68%), Phosphorus: 171.78mg (17.18%), Copper: 0.32mg (16.07%), Vitamin B1: 0.22mg (14.52%), Magnesium: 56.85mg (14.21%), Folate: 54.94µg (13.74%), Vitamin B3: 2.73mg (13.66%), Iron: 1.86mg (10.34%), Vitamin B5: 0.75mg (7.54%), Vitamin B2: 0.12mg (6.83%), Calcium: 66.97mg (6.7%), Zinc: 0.93mg (6.21%), Selenium: 2.55µg (3.64%), Vitamin A: 90.46IU (1.81%), Vitamin B12: 0.09µg (1.5%)