



Italian Mashed Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



348 kcal

SIDE DISH

Ingredients

- 1 teaspoon basil dried
- 1 teaspoon parsley dried
- 1 teaspoon rosemary dried
- 1 teaspoon sage dried
- 1 teaspoon thyme leaves dried
- 1 teaspoon garlic minced
- 1 teaspoon onion powder
- 1 teaspoon oregano dried

- 6 russet potatoes peeled cut into chunks
- 1 cup vegetable broth

Equipment

- pot
- potato masher

Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two. Return the drained potatoes to the pot.
- Pour the vegetable broth, thyme, rosemary, oregano, basil, onion powder, parsley, sage, and garlic over the potatoes; mash with a potato masher.

Nutrition Facts

PROTEIN 10.46% **FAT 1.08%** **CARBS 88.46%**

Properties

Glycemic Index:78.25, Glycemic Load:61.1, Inflammation Score:-8, Nutrition Score:19.743043381235%

Flavonoids

Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 348kcal (17.4%), Fat: 0.43g (0.66%), Saturated Fat: 0.14g (0.91%), Carbohydrates: 79.73g (26.58%), Net Carbohydrates: 73.5g (26.73%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 336.06mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Vitamin B6: 1.5mg (75.1%), Potassium: 1808.45mg (51.67%), Manganese: 0.79mg (39.56%), Vitamin C: 25.01mg (30.31%), Magnesium: 104.24mg (26.06%), Iron: 4.69mg (26.05%), Fiber: 6.23g (24.92%), Phosphorus: 240.75mg (24.07%), Vitamin B1: 0.36mg (23.87%), Vitamin K: 24.31µg (23.15%), Copper: 0.46mg (23.02%), Vitamin B3: 4.49mg (22.44%), Folate: 63.88µg (15.97%), Vitamin B5: 1.3mg (13.02%), Vitamin B2: 0.15mg (8.95%), Zinc: 1.34mg (8.94%), Calcium: 85.52mg (8.55%), Vitamin A: 201.34IU (4.03%), Selenium: 2µg (2.86%), Vitamin E: 0.23mg (1.55%)