



Kale Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.3 cup green onions sliced
- 2 cups destemmed lacinato/dinosaur kale sliced
- 0.5 cup milk 2%
- 0.5 teaspoon pepper
- 2 cups potatoes frozen mashed (such as Ore-Ida Steam n' Mash)

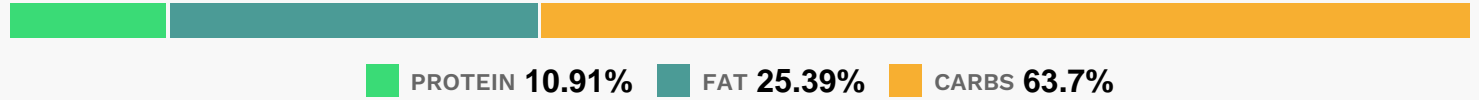
Equipment

- frying pan

Directions

- Cook mashed potatoes according to package directions. Melt butter in a large skillet over medium heat.
- Add kale and green onions; saut 1 minute. Stir in milk and pepper.
- Add kale to potatoes; stir to combine.

Nutrition Facts



Properties

Glycemic Index:57.44, Glycemic Load:13.57, Inflammation Score:-8, Nutrition Score:11.139565151671%

Flavonoids

Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 5.84mg, Kaempferol: 5.84mg, Kaempferol: 5.84mg, Kaempferol: 5.84mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 127kcal (6.35%), Fat: 3.69g (5.68%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 17.88g (6.5%), Sugar: 2.55g (2.83%), Cholesterol: 9.89mg (3.3%), Sodium: 49.28mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin K: 56.6µg (53.9%), Vitamin C: 31.73mg (38.46%), Vitamin A: 1232.28IU (24.65%), Vitamin B6: 0.34mg (17.05%), Potassium: 541.3mg (15.47%), Manganese: 0.28mg (13.79%), Fiber: 2.97g (11.86%), Phosphorus: 96.31mg (9.63%), Magnesium: 32.61mg (8.15%), Calcium: 81.12mg (8.11%), Vitamin B2: 0.13mg (7.72%), Vitamin B1: 0.11mg (7.42%), Folate: 28.93µg (7.23%), Vitamin B3: 1.29mg (6.47%), Copper: 0.13mg (6.46%), Iron: 1.11mg (6.17%), Vitamin B5: 0.44mg (4.37%), Zinc: 0.52mg (3.45%), Vitamin B12: 0.16µg (2.71%), Selenium: 1.23µg (1.76%), Vitamin E: 0.21mg (1.38%)