



Layered Mashed Potatoes with Duxelles

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



230 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 3 tablespoons butter
- 6 ounces cremini mushrooms
- 1 large eggs lightly beaten
- 1 tablespoon flour all-purpose
- 0.5 teaspoon thyme leaves fresh chopped
- 4 garlic cloves minced

- 0.5 cup milk 2% reduced-fat
- 0.8 cup milk 2% reduced-fat
- 1.3 cups onion finely chopped
- 0.3 teaspoon salt
- 1 teaspoon salt
- 6 ounces shiitake mushroom caps
- 3.5 pounds yukon gold potatoes cubed peeled

Equipment

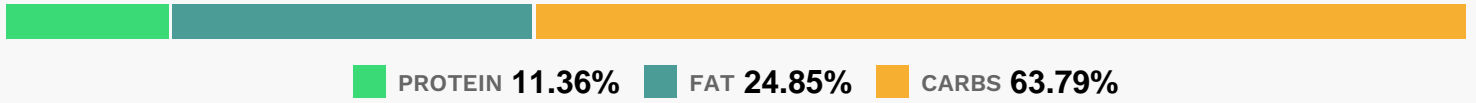
- food processor
- frying pan
- sauce pan
- whisk
- plastic wrap
- baking pan
- potato masher
- microwave

Directions

- To prepare duxelles, place the mushrooms in a food processor, and process until finely chopped.
- Melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- Add onion, and cook 3 minutes, stirring frequently.
- Add mushrooms, thyme, 1/4 teaspoon salt, 1/4 teaspoon pepper, and garlic, and cook 5 minutes, stirring occasionally.
- Combine 1/2 cup milk and flour, stirring with a whisk.
- Add milk mixture to pan; bring to a boil. Cook 1 minute or until thick, stirring constantly.
- To prepare the potatoes, place potato in a medium saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until tender.

- Drain and return potato to pan.
- Add 3/4 cup milk, 3 tablespoons butter, 1 teaspoon salt, 1/4 teaspoon pepper, and egg; mash with a potato masher.
- Spread half of potato mixture evenly in a 2-quart microwave-safe baking dish coated with cooking spray, and top with mushroom mixture.
- Spread remaining potato mixture over mushroom mixture. Cover with plastic wrap, and vent. Microwave at HIGH 8 minutes or until thoroughly heated.
- Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:23.87, Inflammation Score:-6, Nutrition Score:14.059565191684%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 229.52kcal (11.48%), Fat: 6.53g (10.05%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 32.82g (11.93%), Sugar: 4.79g (5.32%), Cholesterol: 36.67mg (12.22%), Sodium: 400.86mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin C: 37.05mg (44.91%), Vitamin B6: 0.66mg (33.14%), Potassium: 979.97mg (28%), Manganese: 0.41mg (20.64%), Fiber: 4.92g (19.7%), Phosphorus: 196.63mg (19.66%), Vitamin B3: 3.43mg (17.17%), Vitamin B2: 0.29mg (17.08%), Copper: 0.33mg (16.66%), Selenium: 9.69µg (13.85%), Vitamin B5: 1.34mg (13.38%), Magnesium: 53.47mg (13.37%), Vitamin B1: 0.2mg (13.12%), Folate: 45.69µg (11.42%), Iron: 1.77mg (9.83%), Zinc: 1.21mg (8.08%), Calcium: 77.43mg (7.74%), Vitamin A: 228.6IU (4.57%), Vitamin B12: 0.25µg (4.21%), Vitamin K: 4.07µg (3.88%), Vitamin E: 0.24mg (1.59%), Vitamin D: 0.21µg (1.37%)