



Leek Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- 4 large baking potatoes cubed peeled
- 0.3 cup butter softened
- 1 tablespoon butter
- 1 tablespoon chicken soup base
- 0.3 cup chicken broth dry
- 4 garlic cloves chopped
- 3 tablespoons half-and-half
- 2 medium leeks

- 0.3 teaspoon lawry's seasoned salt
- 4 cups water

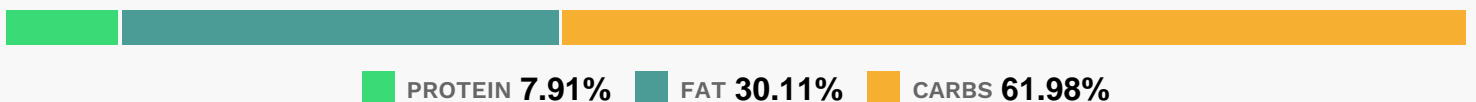
Equipment

- bowl
- sauce pan
- potato masher

Directions

- Remove root, tough outer leaves, and green tops from leeks.
- Cut leeks in half lengthwise; rinse and drain. Chop leeks.
- Cook sherry and 1 tablespoon butter in a large saucepan over medium-high heat until butter melts; add leeks, and saut 5 minutes.
- Add potatoes, 4 cups water, bouillon granules, and garlic. Bring to a boil; reduce heat, and cook 15 to 20 minutes or until potatoes are tender.
- Drain.
- Combine potato mixture, 1/4 cup butter, half-and-half, and salt in a large bowl; mash with a potato masher until smooth.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:36.33, Inflammation Score:-7, Nutrition Score:14.118261067764%

Flavonoids

Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 312.84kcal (15.64%), Fat: 10.79g (16.6%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 49.95g (16.65%), Net Carbohydrates: 46.17g (16.79%), Sugar: 3.2g (3.55%), Cholesterol: 2.93mg (0.98%), Sodium: 474.41mg (20.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Vitamin B6: 0.95mg (47.41%),

Potassium: 1106.45mg (31.61%), Manganese: 0.57mg (28.42%), Vitamin C: 18.31mg (22.19%), Vitamin A: 945.73IU (18.91%), Vitamin K: 18.5µg (17.62%), Magnesium: 68.63mg (17.16%), Copper: 0.32mg (16.12%), Phosphorus: 160.36mg (16.04%), Iron: 2.79mg (15.51%), Vitamin B1: 0.23mg (15.32%), Fiber: 3.77g (15.1%), Vitamin B3: 2.73mg (13.66%), Folate: 54.1µg (13.52%), Vitamin B5: 0.83mg (8.31%), Calcium: 71.41mg (7.14%), Vitamin B2: 0.12mg (7.09%), Zinc: 0.83mg (5.5%), Vitamin E: 0.69mg (4.61%), Selenium: 2.08µg (2.97%)