



Lemon Mashed Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

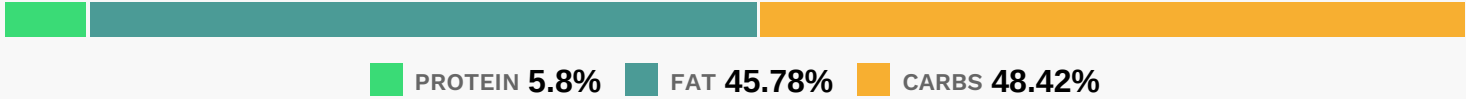
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 1 teaspoon lemon rind
- ☐ 22 ounce potatoes frozen mashed
- ☐ 0.8 teaspoon salt

Equipment

Directions

☐ Prepare 1 (22-ounce) bag frozen mashed potatoes according to package directions. Stir in 1/4 cup butter or margarine, 1 teaspoon lemon rind, 3/4 teaspoon salt, and 1/4 to 1/2 teaspoon freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:19.96, Inflammation Score:-6, Nutrition Score:8.4586955846652%

Flavonoids

Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 222.62kcal (11.13%), Fat: 11.57g (17.8%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 24.01g (8.73%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 579.23mg (25.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin C: 31.39mg (38.05%), Vitamin B6: 0.46mg (23.12%), Potassium: 664.94mg (19%), Fiber: 3.51g (14.06%), Manganese: 0.26mg (12.78%), Vitamin A: 511.54IU (10.23%), Phosphorus: 92.4mg (9.24%), Magnesium: 36.59mg (9.15%), Copper: 0.17mg (8.54%), Vitamin B1: 0.13mg (8.44%), Vitamin B3: 1.65mg (8.25%), Iron: 1.24mg (6.87%), Folate: 25.18µg (6.29%), Vitamin B5: 0.48mg (4.77%), Vitamin B2: 0.06mg (3.28%), Vitamin E: 0.46mg (3.05%), Zinc: 0.46mg (3.04%), Vitamin K: 3.17µg (3.02%), Calcium: 24.46mg (2.45%)