



Mascarpone Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup milk 1% low-fat
- ☐ 2 tablespoons mascarpone cheese
- ☐ 0.5 teaspoon salt
- ☐ 1 pound yukon gold potatoes cubed peeled

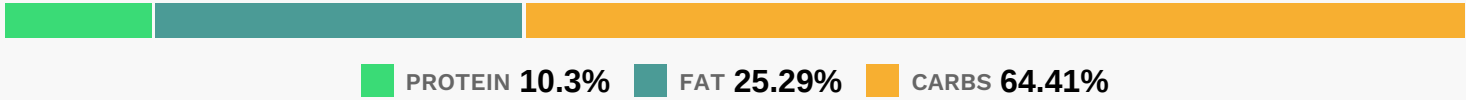
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil, reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain. Return the potatoes to pan.
- ☐ Add milk, mascarpone cheese, and salt. Mash to desired consistency.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:14.5, Inflammation Score:-3, Nutrition Score:6.2221738841871%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 127.41kcal (6.37%), Fat: 3.62g (5.56%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 18.23g (6.63%), Sugar: 1.62g (1.8%), Cholesterol: 8.24mg (2.75%), Sodium: 307.37mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin C: 22.34mg (27.08%), Vitamin B6: 0.34mg (17.17%), Potassium: 500.92mg (14.31%), Fiber: 2.49g (9.98%), Manganese: 0.17mg (8.73%), Phosphorus: 79.83mg (7.98%), Magnesium: 27.86mg (6.96%), Vitamin B1: 0.1mg (6.61%), Copper: 0.12mg (6.14%), Vitamin B3: 1.21mg (6.06%), Iron: 0.89mg (4.93%), Folate: 18.44µg (4.61%), Calcium: 42.87mg (4.29%), Vitamin B5: 0.39mg (3.89%), Vitamin B2: 0.06mg (3.35%), Vitamin A: 136.18IU (2.72%), Zinc: 0.39mg (2.62%), Vitamin K: 2.17µg (2.07%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.16µg (1.08%)