

Mashed Potato Dream

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground to taste
- 0.3 cup butter
- 1 teaspoon garlic powder
- 1 bunch spring onion sliced
- 1 tablespoon horseradish prepared
- 0.5 cup milk
- 2 tablespoons parmesan cheese grated
- 4 large potatoes peeled quartered

6 servings salt to taste

Equipment

sauce pan

pot

potato masher

Directions

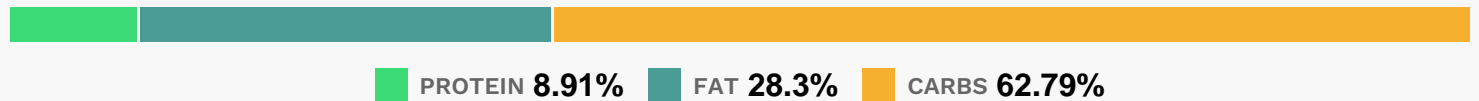
Bring a large pot of salted water to a boil.

Add potatoes, and cook until tender, about 25 minutes; drain.

Melt butter in a medium saucepan over medium heat. Stir in green onions, and cook until tender, 3 to 5 minutes.

Mix green onions, horseradish, garlic powder, Parmesan cheese, milk, pepper and salt with potatoes. Mash together with a potato masher.

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:31.98, Inflammation Score:-6, Nutrition Score:14.22478250317%

Flavonoids

Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 280.84kcal (14.04%), Fat: 9.04g (13.91%), Saturated Fat: 5.57g (34.8%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 39.47g (14.35%), Sugar: 3.21g (3.57%), Cholesterol: 24.23mg (8.08%), Sodium: 317.72mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Vitamin C: 49.84mg (60.42%), Vitamin B6: 0.75mg (37.63%), Potassium: 1096.02mg (31.31%), Fiber: 5.67g (22.68%), Manganese: 0.41mg (20.32%), Phosphorus: 178.08mg (17.81%), Magnesium: 61.83mg (15.46%), Vitamin B1: 0.21mg (14.25%), Copper: 0.28mg (13.77%), Vitamin B3: 2.66mg (13.28%), Vitamin K: 13.9µg (13.24%), Iron: 2.04mg (11.32%), Folate: 43.98µg (11%), Vitamin B5: 0.83mg (8.3%), Calcium: 76.77mg (7.68%), Vitamin B2: 0.12mg (7.08%), Vitamin A: 329.12IU (6.58%), Zinc: 0.93mg (6.2%), Selenium: 2.02µg (2.89%), Vitamin B12: 0.15µg (2.47%), Vitamin E: 0.29mg (1.93%), Vitamin D: 0.23µg (1.55%)