



Mashed Potatoes with Caramelized Onions and Goat Cheese

 Vegetarian  Gluten Free

READY IN



29 min.

SERVINGS



10

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup milk fat-free
- ☐ 4 ounce goat cheese cut into cubes
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped 1 large
- ☐ 0.8 teaspoon salt divided
- ☐ 2 tablespoons water

☐ 2.5 pounds yukon gold potatoes cubed peeled 5 medium

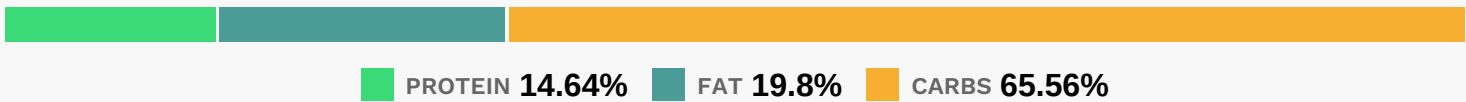
Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Heat oil in a medium nonstick skillet over medium heat.
- ☐ Add onion and 1/4 teaspoon salt, and cook 22 minutes or until golden brown, stirring frequently.
- ☐ Add 2 tablespoons water, 1 tablespoon at a time, as liquid evaporates, scraping pan to loosen browned bits after each addition.
- ☐ Remove from heat, and set aside.
- ☐ . While onion cooks, place potato in a Dutch oven, and add water to cover. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until tender.
- ☐ Drain and return to pan.
- ☐ Place milk in a 1-cup glass measure. Microwave at MEDIUM (50% power) 30 seconds or until warm.
- ☐ Add cheese to potato in pan. Mash potato mixture with a potato masher 3 or 4 times or until cheese melts.
- ☐ Add milk, remaining 1/2 teaspoon salt, and pepper; mash to desired consistency. Stir in reserved onion, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:14.97, Inflammation Score:-4, Nutrition Score:7.2365217571673%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 130.09kcal (6.5%), Fat: 2.92g (4.49%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 18.96g (6.89%), Sugar: 2.08g (2.31%), Cholesterol: 5.46mg (1.82%), Sodium: 227.1mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin C: 23.52mg (28.51%), Vitamin B6: 0.39mg (19.35%), Potassium: 518.06mg (14.8%), Fiber: 2.78g (11.12%), Phosphorus: 107.12mg (10.71%), Copper: 0.21mg (10.66%), Manganese: 0.21mg (10.63%), Magnesium: 30.6mg (7.65%), Vitamin B1: 0.11mg (7.38%), Vitamin B3: 1.27mg (6.36%), Iron: 1.14mg (6.35%), Folate: 22.72µg (5.68%), Vitamin B2: 0.09mg (5.56%), Vitamin B5: 0.46mg (4.62%), Calcium: 44.37mg (4.44%), Zinc: 0.5mg (3.32%), Vitamin A: 136.66IU (2.73%), Vitamin K: 2.75µg (2.61%), Selenium: 0.9µg (1.29%), Vitamin B12: 0.07µg (1.15%)