



Mashed Potatoes with Chives

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons butter
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon kosher salt
- 0.5 cup milk whole
- 2 pounds yukon gold potatoes peeled

Equipment

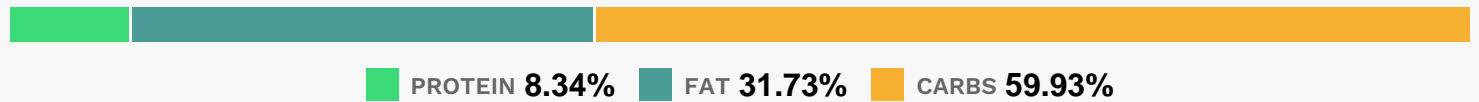
- frying pan

- sauce pan
- potato masher

Directions

- Place potatoes in a large saucepan; cover with water. Bring to a boil over medium-high heat. Reduce heat, and simmer 15 minutes or until tender; drain.
- Combine whole milk and butter in a small saucepan, and cook over medium-high heat until butter melts.
- Remove milk mixture from heat.
- Return potatoes to pan; mash with a potato masher to desired consistency.
- Add milk mixture, salt, and pepper, stirring until well combined. Stir in chopped fresh chives.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:19.73, Inflammation Score:-4, Nutrition Score:8.6795653104782%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 179.53kcal (8.98%), Fat: 6.48g (9.96%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 24.12g (8.77%), Sugar: 2.18g (2.42%), Cholesterol: 17.49mg (5.83%), Sodium: 255.66mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin C: 30.37mg (36.81%), Vitamin B6: 0.46mg (23.03%), Potassium: 673.94mg (19.26%), Fiber: 3.39g (13.57%), Manganese: 0.26mg (12.88%), Phosphorus: 109.24mg (10.92%), Magnesium: 38.07mg (9.52%), Vitamin B1: 0.13mg (8.91%), Copper: 0.17mg (8.37%), Vitamin B3: 1.63mg (8.13%), Iron: 1.21mg (6.75%), Folate: 25.48µg (6.37%), Vitamin K: 5.83µg (5.55%), Vitamin B5: 0.54mg (5.37%), Vitamin A: 255.34IU (5.11%), Vitamin B2: 0.08mg (4.72%), Calcium: 46.61mg (4.66%), Zinc: 0.54mg (3.57%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.49%), Selenium: 0.93µg (1.33%), Vitamin E: 0.19mg (1.28%)