



Mashed Potatoes with Fontina and Italian Parsley



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 0.8 cup half and half
- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 2 pounds baking potatoes

Equipment

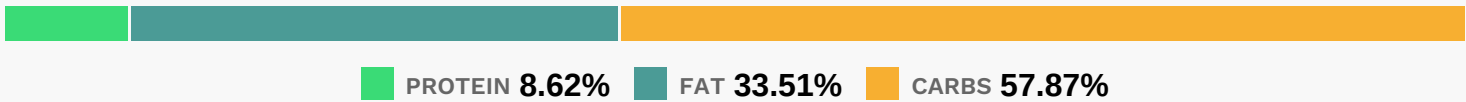
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ potato masher
- ☐ skewers
- ☐ glass baking pan
- ☐ potato ricer

Directions

- ☐ Preheat oven to 375°F. Using small knife, pierce potatoes in several places.
- ☐ Place potatoes on small baking sheet.
- ☐ Bake until tender when pierced with skewer, about 1 hour. Cool slightly.
- ☐ Bring half and half to simmer in heavy small saucepan. Scrape potatoes from skin into large bowl. Using ricer, food mill or potato masher, mash potatoes.
- ☐ Mix in half and half.
- ☐ Add butter; stir vigorously until butter melts and potatoes are smooth. Stir in 2/3 of cheese and 3 tablespoons parsley. Season with salt and pepper.
- ☐ Transfer potatoes to 11x7x2–inch glass baking dish.
- ☐ Sprinkle with remaining cheese. (Can be prepared 2 hours ahead. Cover and let stand at room temperature.)
- ☐ Preheat oven to 425°F.
- ☐ Bake potatoes until heated through and cheese melts, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:21.51, Inflammation Score:-5, Nutrition Score:9.1352174282074%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.25kcal (9.66%), Fat: 7.4g (11.38%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 26.72g (9.72%), Sugar: 2.21g (2.45%), Cholesterol: 20.62mg (6.87%), Sodium: 57.14mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin K: 36.24µg (34.52%), Vitamin B6: 0.54mg (26.93%), Potassium: 682.62mg (19.5%), Vitamin C: 11.55mg (14%), Manganese: 0.24mg (12.04%), Phosphorus: 114.18mg (11.42%), Magnesium: 38.89mg (9.72%), Vitamin B1: 0.14mg (9%), Vitamin B3: 1.63mg (8.13%), Fiber: 2.03g (8.13%), Copper: 0.16mg (8.07%), Iron: 1.44mg (8%), Vitamin A: 393.7IU (7.87%), Vitamin B2: 0.11mg (6.6%), Folate: 25.26µg (6.31%), Calcium: 55.9mg (5.59%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.58mg (3.88%), Selenium: 1.62µg (2.32%), Vitamin E: 0.21mg (1.43%), Vitamin B12: 0.07µg (1.09%)