



Mashed Potatoes with Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives fresh chopped
- ☐ 1 cup parsley fresh coarsely chopped
- ☐ 2 cups milk
- ☐ 8 servings sea salt to taste fine
- ☐ 0.3 cup butter unsalted
- ☐ 3 pounds yukon gold potatoes

Equipment

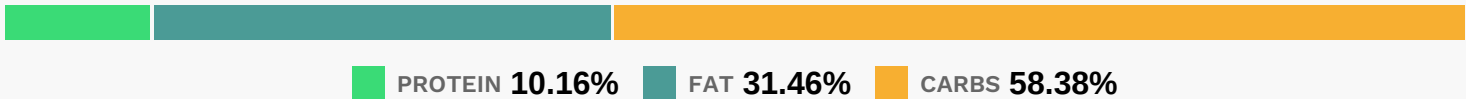
- ☐ sauce pan

- ☐ oven
- ☐ pot
- ☐ potato masher
- ☐ colander

Directions

- ☐ Bring milk with parsley and chives to a simmer in a saucepan, then remove from heat.
- ☐ Let stand, covered, 20 minutes.
- ☐ While milk is standing, cover potatoes with salted cold water by 2 inches in a large pot and simmer, uncovered, until very tender, 20 to 30 minutes.
- ☐ Drain in a colander and, when just cool enough to handle, peel.
- ☐ Preheat oven to 350°F.
- ☐ Mash warm potatoes with a potato masher, gradually adding 1 1/2 cups herbed milk.
- ☐ Add remaining milk 1/4 cup at a time, mashing, until potatoes reach desired consistency. Season with sea salt and pepper, then transfer to an ovenproof serving dish.
- ☐ Heat potatoes, covered, in middle of oven 15 minutes. (If making potatoes to go with lamb, you can heat potatoes while lamb stands.)
- ☐ Serve potatoes hot, topped with pats of butter.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:22.92, Inflammation Score:-7, Nutrition Score:16.695217370987%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 221.51kcal (11.08%), Fat: 7.93g (12.2%), Saturated Fat: 4.83g (30.22%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 29.08g (10.57%), Sugar: 4.35g (4.84%), Cholesterol: 22.57mg (7.52%), Sodium: 232.19mg (10.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin K: 129.57µg (123.4%), Vitamin C: 44.21mg (53.59%), Vitamin B6: 0.55mg (27.38%), Potassium: 854.6mg (24.42%), Vitamin A: 965.71IU (19.31%), Phosphorus: 165.34mg (16.53%), Fiber: 4.02g (16.08%), Manganese: 0.28mg (14.01%), Magnesium: 50.86mg (12.72%), Vitamin B1: 0.18mg (11.87%), Calcium: 108.76mg (10.88%), Iron: 1.81mg (10.08%), Folate: 40.14µg (10.04%), Copper: 0.2mg (9.94%), Vitamin B3: 1.97mg (9.83%), Vitamin B2: 0.15mg (8.81%), Vitamin B5: 0.77mg (7.73%), Vitamin B12: 0.34µg (5.69%), Zinc: 0.84mg (5.58%), Vitamin D: 0.78µg (5.18%), Selenium: 1.76µg (2.51%), Vitamin E: 0.27mg (1.81%)