



WHATSheATE



Mashed Potatoes with Olive Oil and Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 teaspoon basil fresh finely chopped
- ☐ 1 teaspoon flat-leaf parsley fresh minced
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 1 teaspoon kosher salt as needed plus more
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 pounds russet potatoes peeled cut into 1-inch pieces (4 medium)

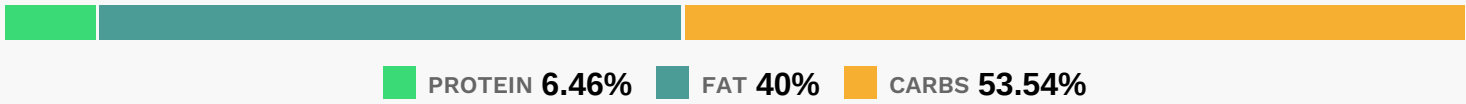
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato ricer

Directions

- ☐ In a large saucepan, combine the potatoes, 1 teaspoon salt and cold water to cover. Bring to a boil over high heat. Lower the heat to maintain a simmer and cook until fork-tender, about 10 minutes.
- ☐ Drain the potatoes, reserving 1/2 cup of the cooking liquid. Return the potatoes to the pan. Shake the pan over medium heat for about a minute to dry the potatoes.
- ☐ Transfer the potatoes to a food mill, ricer or bowl.
- ☐ Add the oil and reserved cooking liquid to the saucepan and warm over medium heat.
- ☐ Remove the pan from the heat. Mash the potatoes through the food mill or ricer into the pan (or mash by hand in the bowl and transfer to the pan).
- ☐ Add the basil, parsley and tarragon and stir to combine. Season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:21.6, Inflammation Score:-2, Nutrition Score:7.1504347531692%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 200.25kcal (10.01%), Fat: 9.15g (14.07%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 25.54g (9.29%), Sugar: 0.94g (1.04%), Cholesterol: 0mg (0%), Sodium: 395.56mg (17.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Vitamin B6: 0.53mg (26.5%), Potassium: 642.2mg (18.35%), Manganese: 0.28mg (13.9%), Vitamin C: 8.81mg (10.68%), Magnesium: 36.13mg (9.03%), Vitamin E: 1.31mg (8.75%), Phosphorus: 84.38mg (8.44%), Vitamin B1: 0.12mg (8.33%), Vitamin K: 8.65µg (8.23%), Iron: 1.47mg (8.18%),

Fiber: 2.02g (8.07%), Copper: 0.16mg (7.99%), Vitamin B3: 1.6mg (7.98%), Folate: 22.13µg (5.53%), Vitamin B5: 0.46mg (4.57%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.45mg (3.03%), Calcium: 24.28mg (2.43%)