



Mashed Potatoes with Peas and Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon mint leaves finely chopped
- ☐ 2 cups peas cooked
- ☐ 8 medium potatoes diced peeled
- ☐ 6 servings salt and pepper

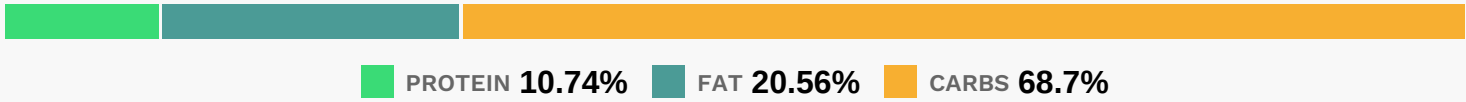
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the potatoes in a pot of salted water and bring to a boil. Reduce the heat to a simmer and cook the potatoes until fork tender, about 12 to 15 minutes.
- ☐ Remove the pan from the heat and drain.
- ☐ Place the potatoes back in the pot and return to the heat. Stir the potatoes, constantly, for 2 to 3 minutes to dehydrate the potatoes.
- ☐ Remove the potatoes from the heat and add the peas.
- ☐ Add the butter. Using a hand held masher, mash the butter into the potatoes.
- ☐ Add cream and milk. The potatoes should still be sort of lumpy.
- ☐ Add the mint and stir well .Season the potatoes with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.35, Glycemic Load:38.18, Inflammation Score:-8, Nutrition Score:20.188695684723%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 325.85kcal (16.29%), Fat: 7.62g (11.72%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 48.19g (17.52%), Sugar: 5.53g (6.15%), Cholesterol: 22.41mg (7.47%), Sodium: 218.86mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Vitamin C: 75.67mg (91.72%), Vitamin B6: 0.93mg (46.38%), Potassium: 1337.2mg (38.21%), Fiber: 9.07g (36.28%), Manganese: 0.64mg (32.16%), Vitamin B1: 0.36mg (24.03%), Phosphorus: 226.19mg (22.62%), Magnesium: 83.33mg (20.83%), Vitamin B3: 4.03mg (20.15%), Copper: 0.4mg (19.84%), Folate: 78.6µg (19.65%), Vitamin K: 18.02µg (17.16%), Iron: 2.99mg (16.61%), Vitamin A: 702.38IU (14.05%), Vitamin B2: 0.19mg (11.42%), Zinc: 1.48mg (9.87%), Vitamin B5: 0.94mg (9.44%), Calcium: 61.4mg (6.14%), Selenium: 2.32µg (3.31%), Vitamin D: 0.32µg (2.12%), Vitamin E: 0.27mg (1.82%)