



Mashed Potatoes with Shallots, Goat Cheese, and Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 10 ounce goat cheese soft
- ☐ 1 cup milk
- ☐ 2 teaspoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 2.5 pounds round potatoes red
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup shallots chopped (4 large)
- ☐ 1 sprigs garnishes: thyme parsley sprigs fresh

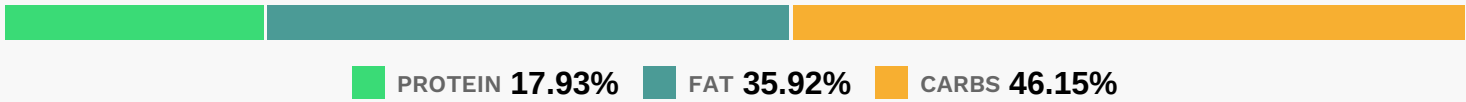
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Cook shallot in oil in a large skillet over medium heat 4 to 5 minutes or until tender and golden. Set aside.
- ☐ Cook potatoes in boiling water to cover 30 to 35 minutes or until tender.
- ☐ Let cool 5 minutes. Peel and mash potatoes with a potato masher. (Do not use a food processor.)
- ☐ Heat milk in a small saucepan until warm; add milk to potato. Stir in shallot, goat cheese, and next 5 ingredients. Spoon into a serving dish.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:26.7, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:9.4430435584939%

Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.75mg, Quercetin:

0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 189.88kcal (9.49%), Fat: 7.75g (11.93%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 19.78g (7.19%), Sugar: 4.29g (4.77%), Cholesterol: 15.97mg (5.32%), Sodium: 310.88mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Copper: 0.38mg (19.08%), Potassium: 627.88mg (17.94%), Phosphorus: 178.37mg (17.84%), Vitamin B6: 0.34mg (17.17%), Vitamin C: 13.16mg (15.95%), Manganese: 0.26mg (13.17%), Vitamin K: 11.78µg (11.22%), Vitamin B2: 0.18mg (10.86%), Fiber: 2.64g (10.56%), Iron: 1.76mg (9.77%), Magnesium: 37.83mg (9.46%), Calcium: 92.01mg (9.2%), Vitamin B1: 0.14mg (9.13%), Vitamin A: 426.06IU (8.52%), Folate: 31.14µg (7.78%), Vitamin B3: 1.51mg (7.54%), Vitamin B5: 0.66mg (6.58%), Zinc: 0.83mg (5.52%), Vitamin B12: 0.19µg (3.09%), Selenium: 2.04µg (2.92%), Vitamin D: 0.38µg (2.55%), Vitamin E: 0.2mg (1.34%)