



Mashed Potatoes with Watercress and Green Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter (1 stick)
- ☐ 1.5 cups green onions finely chopped
- ☐ 0.3 cup olive oil
- ☐ 6 pounds russet potatoes peeled cut into 2-inch pieces
- ☐ 2 large bunches watercress thick trimmed
- ☐ 1.5 cups milk whole

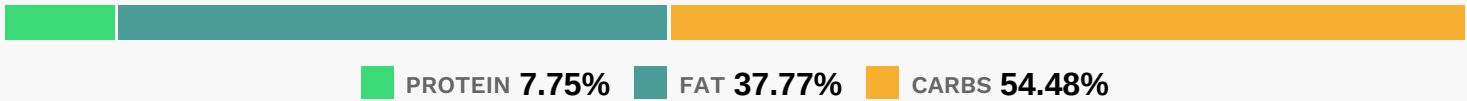
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring medium saucepan of water to boil.
- ☐ Add watercress and blanch 10 seconds.
- ☐ Drain. Pat dry and chop watercress.
- ☐ Cook potatoes in large pot of boiling salted water until very tender, about 25 minutes.
- ☐ Drain. Return potatoes to pot. Stir over medium heat until any excess liquid evaporates, about 2 minutes.
- ☐ Bring milk almost to simmer in small saucepan.
- ☐ Add hot milk, butter, and oil to potatoes; mash until almost smooth. (Can be prepared 2 hours ahead.
- ☐ Let stand uncovered at room temperature. Rewarm over medium-low heat, stirring often, before continuing.) Stir in green onions and watercress. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:19.73, Glycemic Load:32.97, Inflammation Score:-5, Nutrition Score:12.864347789599%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 309.08kcal (15.45%), Fat: 13.35g (20.54%), Saturated Fat: 6.11g (38.21%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 40.06g (14.57%), Sugar: 3.17g (3.52%), Cholesterol: 24mg (8%), Sodium: 85.91mg (3.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin B6: 0.81mg (40.46%), Vitamin K: 33.84µg (32.23%), Potassium: 1028.85mg (29.4%), Manganese: 0.38mg (18.88%), Vitamin C: 15.35mg (18.6%), Phosphorus: 162.54mg (16.25%), Magnesium: 58.55mg (14.64%), Vitamin B1: 0.21mg (14.04%), Fiber: 3.27g (13.1%), Vitamin B3: 2.45mg (12.25%), Copper: 0.24mg (12.22%), Iron: 2.16mg (12.02%), Folate: 40.05µg (10.01%), Vitamin A: 417.99IU

(8.36%), Vitamin B5: 0.82mg (8.17%), Calcium: 78.51mg (7.85%), Vitamin B2: 0.13mg (7.67%), Vitamin E: 0.98mg (6.51%), Zinc: 0.84mg (5.6%), Vitamin B12: 0.18µg (3.01%), Selenium: 1.66µg (2.37%), Vitamin D: 0.34µg (2.24%)