



Mashed Potatoes with Zucchini Ragout

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 1 pound cremini mushrooms quartered
- 2 tablespoons olive oil extravirgin
- 2 teaspoons olive oil extravirgin
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 0.5 cup green onions minced

- 0.8 cup milk 2% reduced-fat
- 2 teaspoons olive paste black
- 1.5 cups onion thinly sliced
- 1 teaspoon oregano dried
- 1.5 ounces parmesan cheese fresh grated
- 0.5 teaspoon salt
- 4 cups torn spinach
- 2 cups water
- 2 pounds yukon gold potatoes cubed
- 3 cups zucchini cubed ()

Equipment

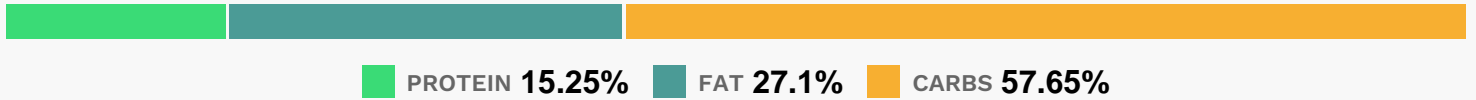
- frying pan
- paper towels
- sauce pan
- potato masher

Directions

- To prepare potatoes, place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- Drain.
- Return potatoes to pan; add 2 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Mash mixture with a potato masher to desired consistency. Cover and keep warm.
- Heat milk over medium heat in a large nonstick skillet to 180 or until tiny bubbles form around edge (do not boil). Stir in spinach; cook 1 minute or until spinach wilts.
- Add milk mixture and green onions to potato mixture, stirring until well combined.
- To prepare ragout, wipe skillet with paper towels.
- Heat 2 teaspoons oil in skillet over medium heat.
- Add sliced onion, oregano, and garlic; cook 5 minutes or until lightly browned, stirring frequently.

- Add mushrooms; cook 7 minutes or until mushrooms are tender, stirring frequently.
- Add zucchini; cook 2 minutes, stirring frequently.
- Stir in water and next 5 ingredients (water through tomatoes); simmer, uncovered, 15 minutes, stirring occasionally.
- Serve ragout over potatoes, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:65.29, Glycemic Load:22.16, Inflammation Score:-10, Nutrition Score:31.726086979327%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 287.17kcal (14.36%), Fat: 9.18g (14.12%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 36.71g (13.35%), Sugar: 10.59g (11.77%), Cholesterol: 7.18mg (2.39%), Sodium: 453.3mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.25%), Vitamin K: 133.35µg (127%), Vitamin C: 57.89mg (70.17%), Vitamin A: 2378.01IU (47.56%), Potassium: 1590.97mg (45.46%), Manganese: 0.88mg (43.98%), Vitamin B6: 0.86mg (43.02%), Copper: 0.77mg (38.75%), Vitamin B2: 0.65mg (38.23%), Selenium: 23.59µg (33.7%), Phosphorus: 325.91mg (32.59%), Folate: 122.1µg (30.52%), Vitamin B3: 5.9mg (29.48%), Fiber: 7.24g (28.95%), Magnesium: 97mg (24.25%), Calcium: 231.1mg (23.11%), Vitamin B1: 0.33mg (21.86%), Vitamin B5: 2.12mg (21.16%), Iron: 3.63mg (20.17%), Vitamin E: 2.37mg (15.82%), Zinc: 2.23mg (14.9%), Vitamin B12: 0.32µg (5.28%)