



Mashed Red Potatoes with Chives

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



2

CALORIES



108 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1.5 tablespoons milk fat-free
- 0.5 tablespoon chives fresh minced
- 1 garlic clove minced
- 2 tablespoons cup heavy whipping cream sour reduced-fat
- 0.5 pound potatoes red
- 0.1 teaspoon salt
- 1 tablespoon yogurt-based spread (such as Brummel and Brown)

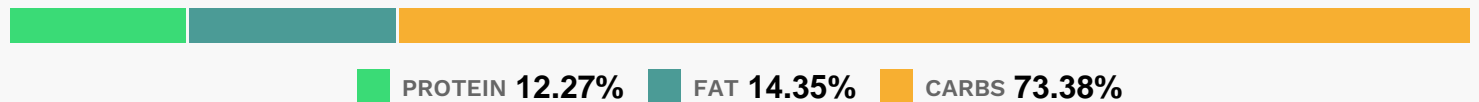
Equipment

- bowl
- plastic wrap
- microwave

Directions

- Scrub potato; place in a medium-sized microwave-safe bowl (do not pierce potato with a fork). Cover bowl with plastic wrap (do not allow plastic wrap to touch food); vent. Microwave at HIGH 8 minutes or until tender.
- Add garlic and next 5 ingredients to potatoes. Mash to desired consistency. Stir in chives.

Nutrition Facts



Properties

Glycemic Index:79.63, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:6.1765217003615%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 108.4kcal (5.42%), Fat: 1.78g (2.74%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 18.5g (6.73%), Sugar: 2.55g (2.84%), Cholesterol: 5.84mg (1.95%), Sodium: 185.23mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Potassium: 585.62mg (16.73%), Vitamin C: 10.81mg (13.11%), Vitamin B6: 0.22mg (11.25%), Manganese: 0.2mg (10.24%), Phosphorus: 102.16mg (10.22%), Copper: 0.16mg (8.12%), Fiber: 2.01g (8.04%), Magnesium: 29.61mg (7.4%), Vitamin B1: 0.11mg (7.3%), Vitamin B3: 1.35mg (6.74%), Calcium: 59.26mg (5.93%), Folate: 23.51µg (5.88%), Iron: 0.89mg (4.96%), Vitamin K: 5.2µg (4.95%), Vitamin B2: 0.08mg (4.78%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.57mg (3.78%), Vitamin B12: 0.15µg (2.54%), Selenium: 1.61µg (2.3%), Vitamin A: 113.61IU (2.27%), Vitamin D: 0.16µg (1.05%)