



## Mashed Red-Skinned Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

### Ingredients

- ☐ 2 pound potatoes – remove skin red organic (preferably )
- ☐ 0.5 stick butter unsalted softened
- ☐ 1 cup milk whole

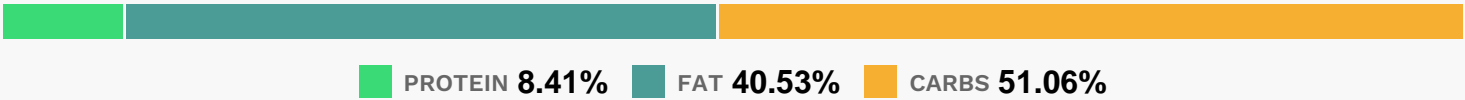
### Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ colander

# Directions

- ☐ Cut potatoes (with skin) into 1-inch pieces, then generously cover with cold salted water (1 teaspoon salt for 5 cups water) in a large saucepan and simmer, partially covered, until potatoes are tender, 10 to 15 minutes.
- ☐ Meanwhile, heat milk, butter, and 1/2 teaspoon pepper in a small saucepan over medium heat until butter is melted.
- ☐ Drain potatoes well in a colander and return to pan. Mash with a potato masher, and, while hot, stir in milk mixture. Season with salt.
- ☐ Haggipavlu Nemea '04
- ☐ Mashed potatoes are best served immediately but can be made 1 day ahead and chilled, uncovered, until cool, then covered. Reheat in a heavy saucepan over low heat, stirring in about 1/4 cup milk.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:11.981304230897%

## Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 296.63kcal (14.83%), Fat: 13.73g (21.12%), Saturated Fat: 8.47g (52.94%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 35.06g (12.75%), Sugar: 5.87g (6.52%), Cholesterol: 37.69mg (12.56%), Sodium: 65.56mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Potassium: 1126.81mg (32.19%), Vitamin C: 19.5mg (23.64%), Vitamin B6: 0.42mg (21.16%), Phosphorus: 203.35mg (20.33%), Manganese: 0.32mg (16.14%), Fiber: 3.86g (15.42%), Copper: 0.31mg (15.34%), Vitamin B1: 0.22mg (14.57%), Magnesium: 57.5mg (14.37%), Vitamin B3: 2.68mg (13.38%), Folate: 41.25µg (10.31%), Calcium: 101.1mg (10.11%), Vitamin B2: 0.16mg (9.37%), Vitamin A: 467.68IU (9.35%), Iron: 1.66mg (9.21%), Vitamin B5: 0.88mg (8.76%), Vitamin K: 7.75µg (7.38%), Zinc: 1.01mg (6.74%), Vitamin D: 0.88µg (5.89%), Vitamin B12: 0.35µg (5.89%), Selenium: 2.43µg (3.48%), Vitamin E: 0.38mg (2.54%)