



Microwave Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh minced
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 0.5 teaspoon salt

Equipment

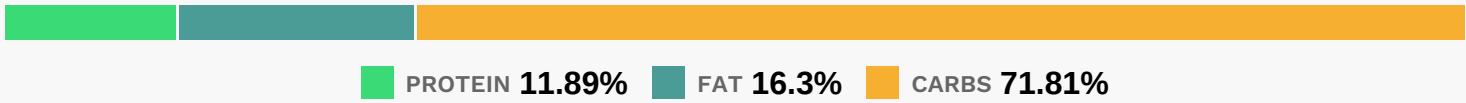
- ☐ bowl

- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Place potato pieces in a large microwave-safe bowl. Cover bowl with plastic wrap; cut a 1-inch slit in center of plastic wrap. Microwave at HIGH 10 minutes.
- ☐ Let stand for 2 minutes.
- ☐ Add sour cream and remaining ingredients to bowl; mash with a potato masher.
- ☐ SOUTHWEST VARIATION: Omit sour cream and chives; decrease milk to 2 tablespoons and salt to 1/4 teaspoon.
- ☐ Add 3/4 cup plain low-fat yogurt; 1 tablespoon chopped chipotle chile, canned in adobo sauce; and 1/4 teaspoon ground cumin.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:24.22, Inflammation Score:-4, Nutrition Score:9.3756521992061%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 187.24kcal (9.36%), Fat: 3.48g (5.36%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 32.22g (11.72%), Sugar: 2.61g (2.9%), Cholesterol: 11.54mg (3.85%), Sodium: 334.65mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin B6: 0.61mg (30.65%), Potassium: 824.98mg (23.57%), Manganese: 0.31mg (15.31%), Phosphorus: 145.62mg (14.56%), Vitamin C: 10.83mg (13.12%), Magnesium: 46.6mg (11.65%), Vitamin B1: 0.17mg (11.28%), Calcium: 102.49mg (10.25%), Copper: 0.19mg (9.3%), Fiber: 2.31g (9.25%), Vitamin B3: 1.83mg (9.13%), Iron: 1.53mg (8.52%), Vitamin B2: 0.13mg (7.89%), Folate: 29.18µg (7.3%), Vitamin K: 6.84µg (6.51%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.78mg (5.17%), Vitamin B12: 0.3µg (5.01%), Vitamin A: 220.48IU (4.41%), Selenium: 2.22µg (3.17%), Vitamin D: 0.38µg (2.55%)