



Mustard champ



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 1 kg potatoes peeled quartered
- ☐ 200 ml milk
- ☐ 50 g butter
- ☐ 1 tbsp coarse mustard
- ☐ 2 bunches spring onion washed and sliced

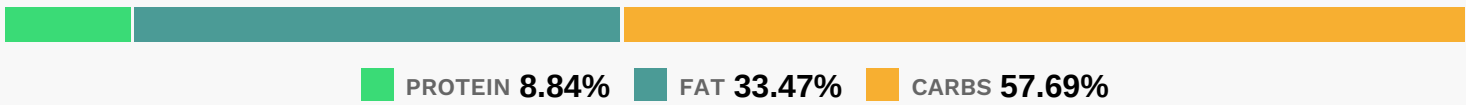
Equipment

- ☐ frying pan

Directions

- ☐ Boil the potatoes for 15 mins or until tender.
- ☐ Drain, then mash.
- ☐ Heat the milk and half the butter in the corner of the pan, then beat into the mash, along with the wholegrain mustard.
- ☐ Gently fry the spring onions in the remaining butter for 2 mins until just soft but still a perky green. Fold into the mash and serve. Great with gammon or to top a fish pie.

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:33.08, Inflammation Score:-7, Nutrition Score:16.467826076176%

Flavonoids

Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 319.19kcal (15.96%), Fat: 12.16g (18.71%), Saturated Fat: 7.46g (46.64%), Carbohydrates: 47.17g (15.72%), Net Carbohydrates: 41.2g (14.98%), Sugar: 4.77g (5.3%), Cholesterol: 33.06mg (11.02%), Sodium: 158.14mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Vitamin C: 51.52mg (62.45%), Vitamin B6: 0.78mg (38.96%), Potassium: 1171.59mg (33.47%), Vitamin K: 30.68µg (29.22%), Fiber: 5.97g (23.89%), Manganese: 0.42mg (20.97%), Phosphorus: 206.07mg (20.61%), Magnesium: 68.14mg (17.03%), Vitamin B1: 0.24mg (16.21%), Copper: 0.28mg (14.16%), Vitamin B3: 2.78mg (13.89%), Iron: 2.19mg (12.17%), Folate: 48.32µg (12.08%), Calcium: 107.43mg (10.74%), Vitamin A: 523.22IU (10.46%), Vitamin B2: 0.17mg (9.85%), Vitamin B5: 0.97mg (9.66%), Zinc: 1.02mg (6.79%), Vitamin B12: 0.3µg (5%), Selenium: 3.2µg (4.57%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.42mg (2.8%)