



Mustard mash



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

Ingredients

- ☐ 900 g potatoes
- ☐ 85 g butter
- ☐ 100 ml whipping cream
- ☐ 3 tbsp milk
- ☐ 2 tbsp coarse mustard

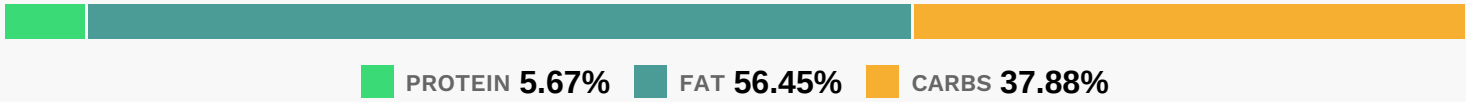
Equipment

- ☐ frying pan

Directions

- ☐ Boil the whole potatoes in their skins for 30–40 mins, or until tender (timing depends on their size).
- ☐ Drain and peel off the skins.
- ☐ Put the potatoes back in the pan, cover and gently heat for a min or two.
- ☐ Remove from the heat and mash the potatoes with the butter until no lumps are left, then heat 100ml whipping cream and 3 tbsp milk together and add that to the potatoes. Beat 2–3 tbsp grainy mustard in and season to taste.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:29, Inflammation Score:-7, Nutrition Score:13.839130411977%

Flavonoids

Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 422.44kcal (21.12%), Fat: 27.13g (41.74%), Saturated Fat: 16.99g (106.21%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 35.68g (12.98%), Sugar: 3.15g (3.5%), Cholesterol: 75.46mg (25.15%), Sodium: 243.7mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin C: 44.51mg (53.95%), Vitamin B6: 0.69mg (34.26%), Potassium: 1004.37mg (28.7%), Fiber: 5.27g (21.09%), Manganese: 0.38mg (18.81%), Vitamin A: 928.78IU (18.58%), Phosphorus: 167.4mg (16.74%), Magnesium: 58.89mg (14.72%), Vitamin B1: 0.21mg (13.77%), Copper: 0.25mg (12.57%), Vitamin B3: 2.45mg (12.25%), Iron: 1.9mg (10.58%), Folate: 38.17µg (9.54%), Vitamin B2: 0.15mg (8.65%), Vitamin B5: 0.82mg (8.18%), Calcium: 67.26mg (6.73%), Vitamin K: 6.71µg (6.39%), Selenium: 4.41µg (6.29%), Zinc: 0.83mg (5.51%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.53µg (3.51%), Vitamin B12: 0.14µg (2.29%)