



Mustard Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baking potatoes peeled chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 0.3 teaspoon salt

Equipment

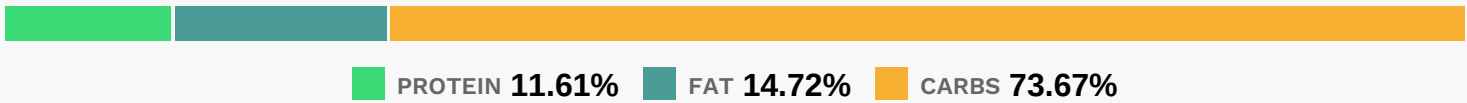
- ☐ frying pan

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potatoes in a medium saucepan; cover with cold water. Bring to a boil. Reduce heat, and simmer 12 minutes or until potatoes are very tender.
- ☐ Drain. Return potatoes to pan; mash with a potato masher. Stir in milk, sour cream, Dijon mustard, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:16.16, Inflammation Score:-2, Nutrition Score:5.8847826887732%

Nutrients (% of daily need)

Calories: 118.66kcal (5.93%), Fat: 2g (3.08%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 20.87g (7.59%), Sugar: 1.52g (1.69%), Cholesterol: 6.21mg (2.07%), Sodium: 197.43mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin B6: 0.4mg (20.11%), Potassium: 531.1mg (15.17%), Manganese: 0.22mg (11.14%), Phosphorus: 89.24mg (8.92%), Vitamin C: 6.63mg (8.04%), Magnesium: 30.77mg (7.69%), Vitamin B1: 0.11mg (7.3%), Fiber: 1.64g (6.58%), Copper: 0.13mg (6.26%), Vitamin B3: 1.21mg (6.07%), Iron: 1.05mg (5.85%), Calcium: 55.48mg (5.55%), Vitamin B2: 0.08mg (4.94%), Folate: 18.41µg (4.6%), Vitamin B5: 0.4mg (4.05%), Zinc: 0.49mg (3.27%), Selenium: 2.13µg (3.04%), Vitamin K: 2.59µg (2.47%), Vitamin B12: 0.14µg (2.31%), Vitamin A: 66.47IU (1.33%)