



## Mustard Mashed Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup milk
- ☐ 5 potatoes red scrubbed halved
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup grain mustard whole

### Equipment

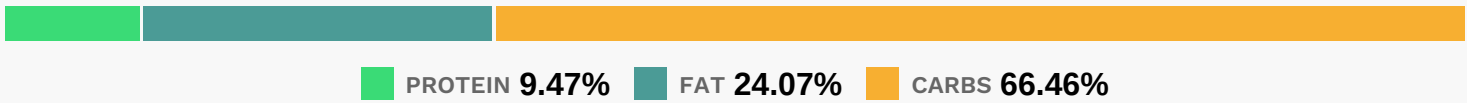
- ☐ bowl
- ☐ pot

☐ hand mixer

## Directions

- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two. Mash potatoes in a large bowl with the butter and milk, and season with salt and pepper.
- ☐ Whip the potatoes using an electric mixer set on medium until smooth, 3 to 4 minutes, adding more milk if the potatoes are too dry. Beat in the whole grain mustard, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:12.94391299849%

## Flavonoids

Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## Nutrients (% of daily need)

Calories: 255.21kcal (12.76%), Fat: 7.06g (10.87%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 38.68g (14.07%), Sugar: 4.39g (4.88%), Cholesterol: 16.88mg (5.63%), Sodium: 463.71mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Potassium: 1259.38mg (35.98%), Vitamin C: 22.96mg (27.83%), Vitamin B6: 0.47mg (23.64%), Manganese: 0.44mg (22.07%), Fiber: 5.2g (20.78%), Phosphorus: 196.3mg (19.63%), Copper: 0.37mg (18.43%), Magnesium: 68.02mg (17.01%), Vitamin B1: 0.25mg (16.93%), Vitamin B3: 3.17mg (15.83%), Folate: 49.22µg (12.31%), Iron: 2.19mg (12.19%), Selenium: 6.98µg (9.98%), Vitamin B5: 0.85mg (8.54%), Vitamin K: 8.49µg (8.09%), Zinc: 1.05mg (6.98%), Vitamin B2: 0.12mg (6.84%), Calcium: 56.99mg (5.7%), Vitamin A: 229.32IU (4.59%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.17µg (1.12%)