



Olive Oil Mashed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients



0.3 cup olive oil extra virgin extra-virgin



2 pounds yukon gold potatoes cut into 2-inch chunks

Equipment



pot

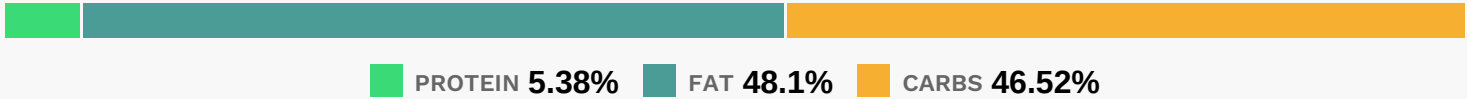


potato ricer

Directions

- ☐
- Cover potatoes with cold water in a pot and add 2 teaspoons salt. Boil, partially covered, until tender, 12 to 15 minutes. Reserve 1 cup cooking water and drain potatoes.
- ☐
- Heat oil in pot over medium heat and remove from heat. Force potatoes through ricer into oil in pot. Stir in cooking water, 1/2 teaspoon pepper, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:19.34, Inflammation Score:-3, Nutrition Score:8.2599998995986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 222.5kcal (11.13%), Fat: 12.14g (18.67%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 23.09g (8.4%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 9.31mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin C: 29.79mg (36.1%), Vitamin B6: 0.45mg (22.3%), Potassium: 636.66mg (18.19%), Fiber: 3.33g (13.31%), Vitamin E: 1.74mg (11.62%), Manganese: 0.23mg (11.57%), Vitamin K: 10.1µg (9.62%), Magnesium: 34.78mg (8.69%), Phosphorus: 86.18mg (8.62%), Copper: 0.16mg (8.16%), Vitamin B1: 0.12mg (8.06%), Vitamin B3: 1.59mg (7.97%), Iron: 1.25mg (6.93%), Folate: 24.19µg (6.05%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.44mg (2.92%), Vitamin B2: 0.05mg (2.85%), Calcium: 18.26mg (1.83%)