



## Parmesan Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

### Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 2 cups potatoes refrigerated mashed (such as Simply Potatoes)

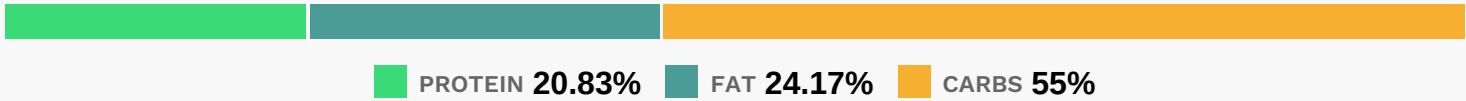
### Equipment

- ☐ sauce pan

# Directions

- ☐ Heat a small saucepan over medium heat.
- ☐ Add mashed potatoes; cover and cook 5 minutes or until thoroughly heated, stirring occasionally. Stir in Parmesan cheese, green onions, and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:43.69, Glycemic Load:13.65, Inflammation Score:-4, Nutrition Score:8.1721738823082%

## Flavonoids

Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 138.57kcal (6.93%), Fat: 3.77g (5.8%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 16.81g (6.11%), Sugar: 1.08g (1.2%), Cholesterol: 9.64mg (3.21%), Sodium: 234.39mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Vitamin C: 21.86mg (26.5%), Calcium: 185.21mg (18.52%), Vitamin B6: 0.33mg (16.33%), Phosphorus: 160.63mg (16.06%), Vitamin K: 15.28µg (14.55%), Potassium: 473.17mg (13.52%), Fiber: 2.49g (9.95%), Manganese: 0.18mg (9.07%), Magnesium: 31.74mg (7.94%), Vitamin B1: 0.09mg (6.2%), Copper: 0.12mg (6.2%), Vitamin B3: 1.18mg (5.89%), Iron: 1.03mg (5.74%), Folate: 21.8µg (5.45%), Selenium: 3.54µg (5.06%), Vitamin B2: 0.09mg (5.05%), Zinc: 0.72mg (4.8%), Vitamin B5: 0.38mg (3.81%), Vitamin A: 175.46IU (3.51%), Vitamin B12: 0.17µg (2.83%)