



Parsley Smashed Potatoes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 4 medium potatoes unpeeled cut into 1-inch pieces
- ☐ 6 cloves garlic peeled
- ☐ 0.3 cup curly-leaf parsley fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 serving pepper
- ☐ 0.3 cup cream fat-free sour

Equipment

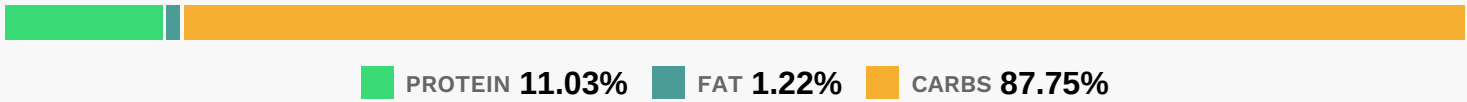
- ☐ sauce pan

☐ potato masher

Directions

- ☐ In 3-quart saucepan, place potatoes and garlic; add enough water to cover.
- ☐ Heat to boiling; reduce heat. Cover; simmer 15 to 20 minutes or until potatoes are tender.
- ☐ Drain potatoes, reserving cooking liquid.
- ☐ In saucepan, mash potatoes, garlic, parsley, salt and pepper with potato masher just until lumpy. Gradually add about 1/4 cup cooking liquid, mashing until combined but still lumpy. Stir in sour cream.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:13.85, Inflammation Score:-4, Nutrition Score:8.0365216764419%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 91.61kcal (4.58%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 18.16g (6.6%), Sugar: 0.9g (1%), Cholesterol: 0.65mg (0.22%), Sodium: 163.65mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin K: 43.08µg (41.03%), Vitamin C: 25.01mg (30.31%), Vitamin B6: 0.35mg (17.29%), Potassium: 480.71mg (13.73%), Manganese: 0.21mg (10.33%), Fiber: 2.48g (9.9%), Phosphorus: 72.45mg (7.24%), Magnesium: 27.05mg (6.76%), Copper: 0.13mg (6.35%), Vitamin B1: 0.09mg (6.32%), Vitamin B3: 1.18mg (5.88%), Iron: 1.03mg (5.7%), Folate: 21.7µg (5.43%), Vitamin A: 231.33IU (4.63%), Vitamin B5: 0.34mg (3.39%), Calcium: 29.43mg (2.94%), Vitamin B2: 0.05mg (2.93%), Zinc: 0.4mg (2.65%), Selenium: 1.02µg (1.46%)