



Portobello-Layered Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black divided
- 2 garlic cloves minced
- 0.3 teaspoon ground nutmeg
- 0.8 cup buttermilk low-fat
- 0.5 teaspoon olive oil
- 0.3 cup onion fresh minced
- 0.5 teaspoon paprika
- 1 ounce parmesan cheese fresh grated

- 1 pound portobello mushroom caps finely chopped
- 1 teaspoon salt divided
- 1.5 tablespoons stick margarine
- 3 pounds yukon gold potatoes

Equipment

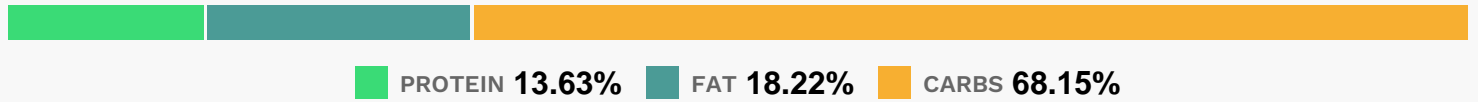
- frying pan
- sauce pan
- oven
- blender
- baking pan
- casserole dish

Directions

- Place potatoes in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 30 minutes or until tender; drain, reserving 1/2 cup cooking liquid. Cool and peel potatoes; mash.
- Add reserved cooking liquid, buttermilk, 3/4 teaspoon salt, nutmeg, and 1/8 teaspoon pepper, and beat at medium speed of a mixer until smooth.
- Melt butter in a medium nonstick skillet over medium-high heat.
- Add onion and garlic, and saut 2 minutes.
- Add mushrooms and cook 2 minutes, without stirring. Cook until liquid almost evaporates (about 4 minutes), stirring frequently.
- Remove from heat, and stir in 1/4 teaspoon salt, 1/8 teaspoon pepper, and basil.
- Preheat oven to 37
- Spread one-third of potato mixture in bottom of an 8-inch square baking dish or 2-quart casserole dish coated with cooking spray.
- Spread half of the mushroom mixture over potato mixture; repeat layers, ending with potato mixture.
- Sprinkle top with cheese and paprika; drizzle with oil.

Bake at 375 for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:35.59, Glycemic Load:21.98, Inflammation Score:-5, Nutrition Score:13.42347839086%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 192.44kcal (9.62%), Fat: 4.04g (6.21%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 29.33g (10.66%), Sugar: 4.1g (4.56%), Cholesterol: 3.31mg (1.1%), Sodium: 422.65mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin C: 34.35mg (41.63%), Vitamin B6: 0.62mg (30.75%), Potassium: 975.16mg (27.86%), Vitamin B3: 4.39mg (21.95%), Phosphorus: 206.67mg (20.67%), Fiber: 4.65g (18.61%), Copper: 0.36mg (17.81%), Selenium: 12.45µg (17.78%), Manganese: 0.33mg (16.6%), Vitamin B5: 1.24mg (12.45%), Vitamin B1: 0.18mg (12.22%), Folate: 45.58µg (11.4%), Magnesium: 44.38mg (11.09%), Vitamin B2: 0.18mg (10.56%), Calcium: 94.37mg (9.44%), Iron: 1.6mg (8.91%), Zinc: 1.01mg (6.74%), Vitamin A: 202.97IU (4.06%), Vitamin K: 3.7µg (3.52%), Vitamin B12: 0.12µg (2.05%), Vitamin E: 0.21mg (1.39%), Vitamin D: 0.19µg (1.25%)