



Prosciutto Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup basil leaves fresh minced
- ☐ 1 tablespoons garlic minced
- ☐ 1 cup milk
- ☐ 0.5 cup olive oil
- ☐ 0.1 teaspoon paprika
- ☐ 1.5 oz pancetta finely chopped
- ☐ 3 pounds thin-skinned potatoes
- ☐ 0.5 cup romano cheese grated

☐ 8 servings salt and pepper

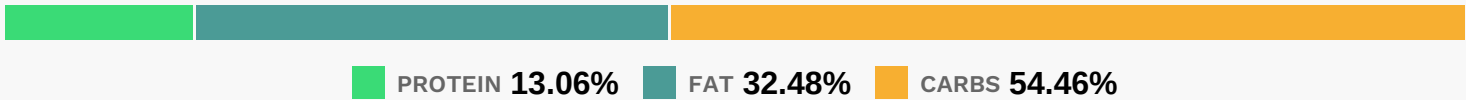
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ potato masher
- ☐ microwave

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 1 quart water to a boil.
- ☐ Peel and rinse potatoes; cut into 1-inch chunks.
- ☐ Add potatoes to boiling water; cover and return to a boil, then reduce heat to medium and simmer until potatoes mash easily, 10 to 12 minutes.
- ☐ Meanwhile, in a 1- to 1 1/2-quart pan over medium heat, warm 1 cup milk and garlic until steaming, about 5 minutes. (Or in a 2-cup microwave-safe container, heat milk and garlic in a microwave oven on full power (100%) until steaming, 1 to 2 minutes.)
- ☐ Drain potatoes and return to pan.
- ☐ Add the hot milk mixture, oil, cheese, basil, and paprika. Mash with a potato masher or an electric mixer until potatoes are as lumpy or smooth as you like, adding a little more milk for a softer, creamier texture if desired. Stir prosciutto into mixture.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:10.027391184931%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 209.52kcal (10.48%), Fat: 7.73g (11.89%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 26.21g (9.53%), Sugar: 3.72g (4.14%), Cholesterol: 13.67mg (4.56%), Sodium: 346.48mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Potassium: 844.72mg (24.13%), Phosphorus: 192.18mg (19.22%), Vitamin C: 15.23mg (18.47%), Vitamin B6: 0.34mg (17.14%), Manganese: 0.28mg (13.9%), Calcium: 125.95mg (12.59%), Vitamin K: 13.05µg (12.43%), Copper: 0.24mg (12.07%), Fiber: 2.95g (11.78%), Vitamin B1: 0.17mg (11.63%), Magnesium: 45.54mg (11.39%), Vitamin B3: 2.23mg (11.14%), Folate: 32.14µg (8.03%), Iron: 1.4mg (7.75%), Vitamin B2: 0.12mg (7.34%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.94mg (6.24%), Selenium: 3.55µg (5.08%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 181.44IU (3.63%), Vitamin E: 0.48mg (3.2%), Vitamin D: 0.39µg (2.59%)