



Pumpkin Potato Puree



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 1 cup pumpkin puree pure canned
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 cup fontina diced italian
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 1.5 pound potato boiling
- ☐ 1.5 teaspoon sage finely chopped
- ☐ 0.5 stick butter unsalted cut into pieces
- ☐ 0.8 cup milk whole warmed

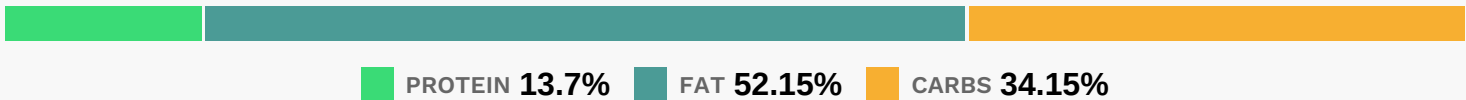
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ potato masher

Directions

- ☐ Peel potatoes and cut into 1-inch pieces, then put in a 3-quart saucepan with 2 teaspoon salt and enough cold water to cover by 1 inch. Simmer, uncovered, until tender, about 15 minutes.
- ☐ Drain potatoes, then return to pot.
- ☐ Add butter and mash with a potato masher. Stir in pumpkin, warm milk, cheese, sage, vinegar, nutmeg, and 1/4 teaspoon each of salt and pepper.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:22.534347907357%

Flavonoids

Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 399.52kcal (19.98%), Fat: 23.68g (36.43%), Saturated Fat: 14.65g (91.53%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 30.13g (10.96%), Sugar: 6.99g (7.76%), Cholesterol: 74.14mg (24.71%), Sodium: 316.86mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (27.99%), Vitamin A: 10272.76IU (205.46%), Copper: 2.58mg (128.97%), Phosphorus: 289.82mg (28.98%), Potassium: 999.62mg (28.56%), Calcium: 279.51mg (27.95%), Manganese: 0.43mg (21.29%), Vitamin C: 17.2mg (20.85%), Fiber: 4.75g (18.99%), Vitamin B6: 0.38mg (18.97%), Vitamin K: 16.72µg (15.92%), Magnesium: 63.59mg (15.9%), Vitamin B12: 0.83µg (13.76%), Zinc: 2.04mg (13.59%), Vitamin B2: 0.22mg (13.06%), Iron: 2.27mg (12.59%), Vitamin B1: 0.19mg (12.56%), Vitamin B3: 2.28mg (11.42%), Vitamin B5: 1.05mg (10.47%), Folate: 40.47µg (10.12%), Selenium: 6.9µg (9.85%), Vitamin E: 1.11mg (7.37%), Vitamin D: 0.91µg (6.09%)