



Quick Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 3 tablespoons chives fresh chopped
- 0.3 cup milk 2% reduced-fat
- 2 cups potatoes frozen mashed (such as Ore Ida Steam n' Mash)

Equipment

- bowl
- microwave

Directions

- Place frozen mashed potatoes in a medium microwave-safe bowl; microwave at HIGH for 3 minutes or until hot. Stir in milk, chives, butter, and pepper.

Nutrition Facts

PROTEIN 9.3% **FAT 24.99%** **CARBS 65.71%**

Properties

Glycemic Index:52.69, Glycemic Load:13.46, Inflammation Score:-3, Nutrition Score:6.2582608435465%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 114.15kcal (5.71%), Fat: 3.24g (4.99%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 16.81g (6.11%), Sugar: 1.61g (1.79%), Cholesterol: 8.7mg (2.9%), Sodium: 35.82mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin C: 22.02mg (26.69%), Vitamin B6: 0.32mg (15.94%), Potassium: 471.03mg (13.46%), Fiber: 2.38g (9.53%), Manganese: 0.18mg (8.95%), Phosphorus: 75.66mg (7.57%), Vitamin K: 7.16µg (6.82%), Magnesium: 26.89mg (6.72%), Vitamin B1: 0.09mg (6.12%), Copper: 0.12mg (5.93%), Vitamin B3: 1.14mg (5.69%), Folate: 20.02µg (5%), Iron: 0.86mg (4.8%), Vitamin A: 202.89IU (4.06%), Vitamin B2: 0.06mg (3.81%), Vitamin B5: 0.38mg (3.75%), Calcium: 33.49mg (3.35%), Zinc: 0.39mg (2.61%), Vitamin B12: 0.08µg (1.4%), Selenium: 0.74µg (1.06%)