

Rich Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



259 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 2 servings parsley fresh minced
- 3 tablespoons cup heavy whipping cream
- 0.1 teaspoon pepper
- 0.8 pound potatoes cubed peeled
- 0.3 teaspoon salt

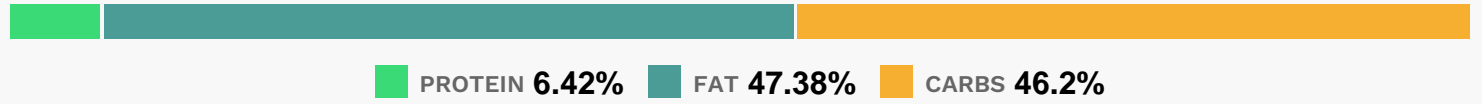
Equipment

- sauce pan

Directions

- Place potatoes in a saucepan; cover with water. Cook until tender, about 10–12 minutes; drain.
- Add cream, butter, salt and pepper; mash until smooth.
- Garnish with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:98.88, Glycemic Load:21.81, Inflammation Score:-7, Nutrition Score:13.25130441137%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 259.42kcal (12.97%), Fat: 13.99g (21.52%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 26.79g (9.74%), Sugar: 2.02g (2.25%), Cholesterol: 40.47mg (13.49%), Sodium: 354.24mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Vitamin K: 70.25µg (66.9%), Vitamin C: 38.96mg (47.23%), Vitamin B6: 0.51mg (25.69%), Potassium: 763.05mg (21.8%), Vitamin A: 846.73IU (16.93%), Fiber: 3.91g (15.62%), Manganese: 0.28mg (14.18%), Phosphorus: 114.2mg (11.42%), Magnesium: 43.06mg (10.76%), Copper: 0.19mg (9.7%), Vitamin B1: 0.14mg (9.63%), Vitamin B3: 1.86mg (9.32%), Iron: 1.61mg (8.96%), Folate: 34.43µg (8.61%), Vitamin B2: 0.1mg (6.07%), Vitamin B5: 0.59mg (5.86%), Calcium: 43.2mg (4.32%), Zinc: 0.6mg (3.99%), Vitamin E: 0.42mg (2.78%), Vitamin D: 0.36µg (2.4%), Selenium: 1.27µg (1.81%)