



Rosemary-Parmesan Mashers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- 0.3 cup chicken broth (from 32-oz carton)
- 4 oz parmesan shredded
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 2 lb yukon gold potatoes

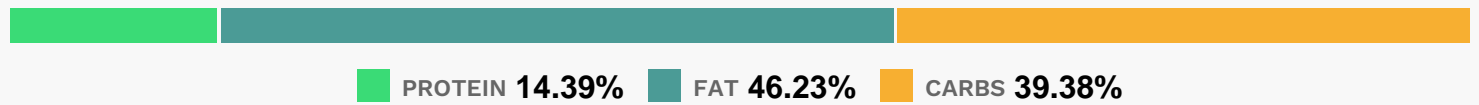
Equipment

- frying pan
- sauce pan

Directions

- In 2-quart saucepan, place potatoes; add enough water just to cover potatoes.
- Heat to boiling; reduce heat. Cover; simmer 20 to 30 minutes or until potatoes are tender.
- Drain. Shake pan with potatoes over low heat to dry (this will help mashed potatoes be fluffier).
- Mash potatoes in pan until no lumps remain.
- Add broth in small amounts, mashing after each addition (amount of broth needed to make potatoes smooth and fluffy will vary).
- Add oil, rosemary, salt and cheese. Mash vigorously until potatoes are light and fluffy. Cover; let stand 5 minutes.
- Sprinkle with additional rosemary and Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:19.5, Inflammation Score:-4, Nutrition Score:11.181304356326%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 271.59kcal (13.58%), Fat: 14.13g (21.74%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 23.75g (8.64%), Sugar: 1.39g (1.54%), Cholesterol: 13.11mg (4.37%), Sodium: 554.07mg (24.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.79%), Vitamin C: 29.79mg (36.1%), Calcium: 242.56mg (24.26%), Vitamin B6: 0.46mg (23.16%), Phosphorus: 217.87mg (21.79%), Vitamin K: 19.9µg (18.95%), Potassium: 656.32mg (18.75%), Fiber: 3.33g (13.31%), Manganese: 0.24mg (12.08%), Magnesium: 43.23mg (10.81%), Vitamin B1: 0.13mg (8.74%), Copper: 0.17mg (8.57%), Vitamin B3: 1.67mg (8.37%), Iron: 1.35mg (7.48%), Vitamin B2: 0.12mg (6.99%), Selenium: 4.76µg (6.8%), Zinc: 0.97mg (6.45%), Folate: 25.51µg (6.38%), Vitamin E: 0.8mg (5.37%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.23µg (3.82%), Vitamin A: 150.89IU (3.02%)