



Saffron-Corn Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- 1 cup ears corn fresh (cut from 1 ear of corn)
- 4 garlic clove minced
- 0.5 cup milk
- 2 tablespoons olive oil
- 0.8 cup onion chopped
- 6 servings potatoes mashed
- 0.1 teaspoon saffron threads
- 6 servings salt

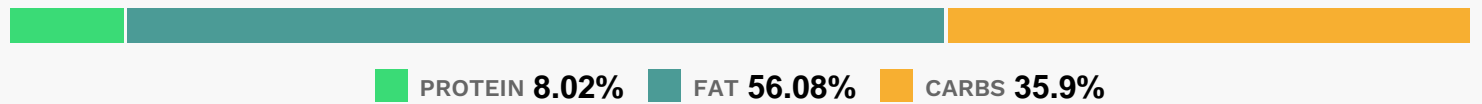
Equipment

frying pan

Directions

- Prepare perfect mashed potatoes (but do not add milk). Meanwhile, heat oil in heavy large skillet over medium-high heat.
- Add onion and sauté for 2 minutes.
- Add fresh corn kernels garlic. Cook until corn is soft, stirring often, about 4 minutes.
- Add milk and saffron. Bring just to boil; remove from heat, cover, and let steep 10 minutes. Stir into potatoes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:2.9573913242506%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 85.99kcal (4.3%), Fat: 5.67g (8.73%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.29g (2.65%), Sugar: 3.37g (3.74%), Cholesterol: 2.44mg (0.81%), Sodium: 206.44mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Phosphorus: 51.48mg (5.15%), Manganese: 0.1mg (5.1%), Vitamin C: 3.95mg (4.78%), Vitamin E: 0.7mg (4.7%), Vitamin B6: 0.09mg (4.33%), Vitamin B1: 0.06mg (4.19%), Potassium: 137.3mg (3.92%), Fiber: 0.89g (3.55%), Folate: 14.17µg (3.54%), Magnesium: 14.12mg (3.53%), Calcium: 34mg (3.4%), Vitamin K: 3.08µg (2.93%), Vitamin B2: 0.05mg (2.9%), Vitamin B5: 0.29mg (2.89%), Vitamin B3: 0.5mg (2.48%), Vitamin B12: 0.11µg (1.83%), Zinc: 0.26mg (1.7%), Vitamin A: 78.74IU (1.57%), Vitamin D: 0.22µg (1.49%), Copper: 0.03mg (1.41%), Iron: 0.24mg (1.32%), Selenium: 0.92µg (1.31%)