



Saffron Mashed Potatoes



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp garlic crushed
- ☐ 1.5 tbsp flour gluten free (for Passover or use 1 tbsp potato starch)
- ☐ 2 tbsp butter
- ☐ 1 cup non-dairy milk unsweetened (almond, rice, soy, etc.)
- ☐ 5 lbs potatoes peeled cut into large chunks
- ☐ 1 pinch saffron threads
- ☐ 8 servings pepper white black to taste
- ☐ 0.8 cup coconut milk unsweetened canned

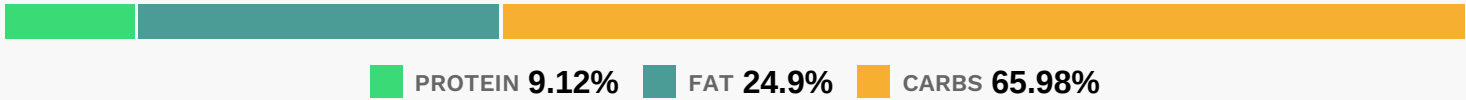
Equipment

- ☐ potato masher
- ☐ mortar and pestle
- ☐ potato ricer

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Saffron Mashed Potatoes
- ☐ Ingredients5 lbs. potatoes, peeled and cut into large chunks
- ☐ Pinch of saffron threads2 tbsp non-hydrogenated margarine1 1/2 tbsp flour (for Passover or gluten free use 1 tbsp potato starch)1 cup unsweetened non-dairy milk, or more if needed (almond, rice, soy, etc.)3/4 cup unsweetened canned coconut milk1 tsp crushed garlic
- ☐ Salt and black or white pepper to taste
- ☐ You will also need
- ☐ Potato masher or ricer, mortar and pestle
- ☐ Total Time: 35 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:27.15, Glycemic Load:36.59, Inflammation Score:-6, Nutrition Score:17.893478258796%

Flavonoids

Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 319.35kcal (15.97%), Fat: 9.1g (14.01%), Saturated Fat: 5.48g (34.25%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 46.76g (17%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 68.31mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.01%), Vitamin C: 59.14mg (71.69%), Vitamin B6: 0.92mg (45.96%), Potassium: 1298.73mg (37.11%), Manganese: 0.73mg (36.67%), Fiber: 7.52g (30.07%), Copper: 0.42mg (21.08%), Vitamin B3: 4.14mg (20.69%), Phosphorus: 188.97mg (18.9%), Magnesium: 75.54mg (18.88%), Iron: 3.07mg (17.03%), Vitamin B1: 0.25mg (16.83%), Folate: 58.65µg (14.66%), Vitamin B2: 0.15mg (9.04%), Vitamin B5: 0.89mg (8.85%), Calcium: 86.79mg (8.68%), Zinc: 1.07mg (7.14%), Vitamin E: 0.91mg (6.1%), Vitamin B12: 0.32µg (5.37%), Vitamin K: 5.41µg (5.16%), Vitamin A: 246.86IU (4.94%), Selenium: 3.04µg (4.34%), Vitamin D: 0.35µg (2.36%)