



Seasoned Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.5 teaspoon rosemary dried fresh crumbled chopped (or)
- ☐ 3 tablespoons olive oil
- ☐ 1 pound russet potatoes
- ☐ 4 servings salt
- ☐ 3 tablespoons whipping cream

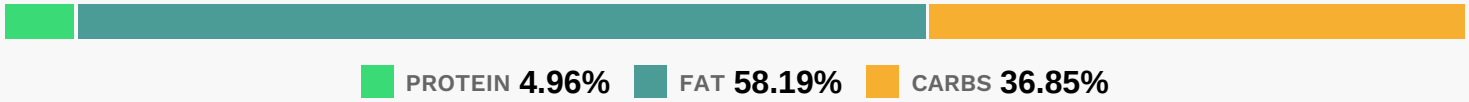
Equipment

bowl

Directions

- In a bowl, mash peeled cooked potatoes.
- Mix 2 cups of the mashed potatoes with the whipping cream, chopped cilantro, chopped basil leaves, olive oil, rosemary, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:16.13, Inflammation Score:-4, Nutrition Score:6.6082608881204%

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 Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 221.27kcal (11.06%), Fat: 14.67g (22.57%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 20.9g (6.96%), Net Carbohydrates: 19.36g (7.04%), Sugar: 1.04g (1.16%), Cholesterol: 12.71mg (4.24%), Sodium: 203.23mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin B6: 0.4mg (19.96%), Vitamin K: 18.05µg (17.19%), Potassium: 493.46mg (14.1%), Vitamin E: 1.66mg (11.09%), Manganese: 0.2mg (10.02%), Vitamin C: 7.08mg (8.58%), Magnesium: 28.12mg (7.03%), Phosphorus: 70.22mg (7.02%), Vitamin B1: 0.1mg (6.43%), Copper: 0.13mg (6.31%), Vitamin A: 313.51IU (6.27%), Iron: 1.12mg (6.2%), Fiber: 1.53g (6.13%), Vitamin B3: 1.21mg (6.03%), Folate: 18µg (4.5%), Vitamin B5: 0.38mg (3.79%), Vitamin B2: 0.06mg (3.61%), Calcium: 25.88mg (2.59%), Zinc: 0.37mg (2.49%), Vitamin D: 0.18µg (1.2%), Selenium: 0.81µg (1.15%)