



Smoked Salmon and Chive Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baking potato cubed peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 2 tablespoons capers
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 4 ounces salmon smoked finely chopped

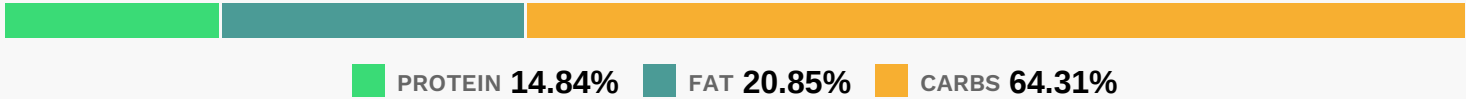
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain and return potato to pan.
- ☐ Add milk, butter, and cream cheese; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly. Stir in chives and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:28.34, Glycemic Load:20.16, Inflammation Score:-3, Nutrition Score:8.5973913151285%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 159.44kcal (7.97%), Fat: 3.78g (5.82%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 24.32g (8.84%), Sugar: 1.4g (1.56%), Cholesterol: 11.57mg (3.86%), Sodium: 200.79mg (8.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin B6: 0.53mg (26.7%), Potassium: 634.72mg (18.13%), Vitamin D: 2.42µg (16.16%), Manganese: 0.24mg (11.96%), Phosphorus: 111.86mg (11.19%), Vitamin B3: 2.17mg (10.83%), Vitamin C: 8.66mg (10.5%), Copper: 0.19mg (9.44%), Magnesium: 37.41mg (9.35%), Vitamin B12: 0.52µg (8.67%), Vitamin B1: 0.12mg (8.3%), Selenium: 5.47µg (7.82%), Fiber: 1.94g (7.77%), Iron: 1.4mg (7.76%), Vitamin B5: 0.59mg (5.93%), Folate: 22.06µg (5.51%), Vitamin B2: 0.08mg (4.96%), Vitamin K: 5.02µg (4.78%), Calcium: 34.5mg (3.45%), Zinc: 0.52mg (3.45%), Vitamin A: 150.85IU (3.02%), Vitamin E: 0.31mg (2.06%)