



## Spruced Up Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter
- 1 large carrots chopped
- 3 cups cauliflower florets
- 1 tablespoon parsley fresh chopped for garnish
- 4 cloves garlic
- 0.3 teaspoon pepper black
- 5 pounds potatoes peeled quartered
- 0.5 teaspoon salt

0.5 cup skim milk

## Equipment

pot

## Directions

Bring a large pot of salted water to a boil.

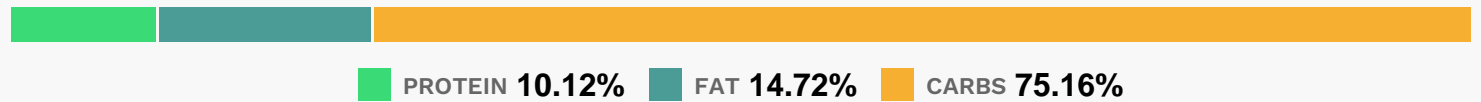
Add potatoes, cauliflower, garlic and carrots. Cook until potatoes are tender but still firm, about 15 minutes.

Drain.

Add the milk, butter, salt and pepper. Beat until smooth.

Sprinkle with parsley and serve.

## Nutrition Facts



## Properties

Glycemic Index:33.98, Glycemic Load:29.84, Inflammation Score:-8, Nutrition Score:15.660869639853%

## Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 221.42kcal (11.07%), Fat: 3.73g (5.74%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 37.02g (13.46%), Sugar: 3.32g (3.69%), Cholesterol: 9.4mg (3.13%), Sodium: 176.32mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin C: 60.47mg (73.3%), Vitamin B6: 0.76mg (37.84%), Potassium: 1096.73mg (31.34%), Vitamin A: 1371.39IU (27.43%), Fiber: 5.84g (23.37%), Manganese: 0.43mg (21.58%), Phosphorus: 161.26mg (16.13%), Vitamin K: 16.87µg (16.06%), Magnesium: 59.67mg (14.92%), Vitamin B1: 0.21mg (14.07%), Folate: 55.78µg (13.94%), Copper: 0.27mg (13.25%), Vitamin B3: 2.64mg (13.22%), Iron: 1.97mg (10.94%), Vitamin B5: 0.95mg (9.49%), Vitamin B2: 0.11mg (6.71%), Calcium: 56.39mg (5.64%), Zinc: 0.83mg (5.56%), Selenium: 1.33µg (1.9%), Vitamin E: 0.2mg (1.31%), Vitamin B12: 0.08µg (1.3%)