

Tomatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1 clove garlic peeled
- 0.3 cup milk
- 6 small potatoes - remove skin red scrubbed
- 4 servings salt and pepper to taste
- 4 tomatillos

Equipment

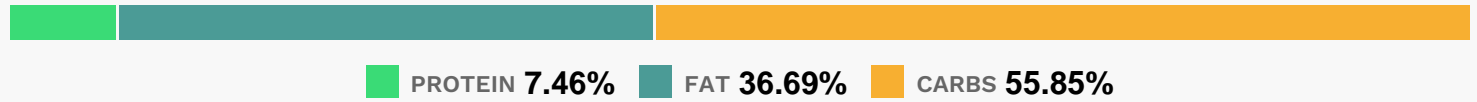
- bowl

- pot
- potato masher

Directions

- Bring a large pot of salted water to a boil.
- Add the potatoes and garlic. Boil the potatoes with the skin on until tender, about 15 minutes. Peel the paper skin off the tomatillos, and rinse them.
- Place them in with the potatoes during the last 5 minutes of boiling.
- Drain.
- Transfer potatoes and tomatillos to a large bowl.
- Add butter and milk, and mash with a potato masher. Adjust amount of milk and butter to achieve desired consistency. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:13.052608671396%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 301.37kcal (15.07%), Fat: 12.7g (19.54%), Saturated Fat: 7.71g (48.21%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 38.5g (14%), Sugar: 5.38g (5.97%), Cholesterol: 32.33mg (10.78%), Sodium: 337.18mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Potassium: 1280.7mg (36.59%), Vitamin C: 26.14mg (31.69%), Vitamin B6: 0.47mg (23.58%), Manganese: 0.43mg (21.26%), Fiber: 5g (19.99%), Phosphorus: 188.76mg (18.88%), Copper: 0.37mg (18.56%), Vitamin B3: 3.59mg (17.93%), Magnesium: 65.21mg (16.3%), Vitamin B1: 0.23mg (15.48%), Folate: 48.73µg (12.18%), Iron: 2.09mg (11.61%), Vitamin K: 11.88µg (11.31%), Vitamin A: 435.93IU (8.72%), Vitamin B5: 0.84mg (8.39%), Vitamin B2: 0.12mg (6.92%), Zinc: 1mg (6.67%), Calcium: 51.52mg (5.15%), Vitamin E: 0.49mg (3.28%), Selenium: 1.98µg (2.83%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.17µg (1.12%)