



Wasabi and Green Onion Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter (1 stick)
- ☐ 1 cup spring onion chopped
- ☐ 3 pounds potatoes yellow peeled cut into 1 1/2-inch cubes
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons wasabi paste (horseradish paste)
- ☐ 1 cup whipping cream

Equipment

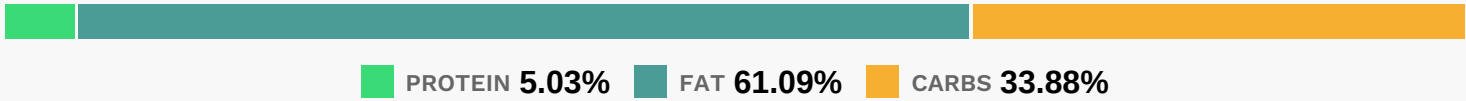
- ☐ frying pan

- ☐ sauce pan
- ☐ pot
- ☐ potato masher
- ☐ microwave
- ☐ potato ricer

Directions

- ☐ Bring potatoes to boil in large pot of water. Reduce heat to medium; cook until tender, about 17 minutes.
- ☐ Drain well.
- ☐ Meanwhile, bring cream, butter, and wasabi paste to simmer in small saucepan over medium heat, stirring until butter melts. Season with salt and pepper. Keep hot.
- ☐ Heat oil in small skillet over medium heat; add green onions and sauté until wilted, about 3 minutes. Set aside. Using potato masher in same large pot or ricer, mash potatoes. Stir in hot cream mixture. Season with salt and pepper. Stir in green onions. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm in microwave, stirring occasionally.
- ☐ *Available in the Asian foods section of some supermarkets and at Japanese markets nationwide.

Nutrition Facts



Properties

Glycemic Index:20.72, Glycemic Load:21.95, Inflammation Score:-7, Nutrition Score:12.336087071377%

Flavonoids

Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 372.88kcal (18.64%), Fat: 25.95g (39.92%), Saturated Fat: 14.68g (91.75%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 28.01g (10.19%), Sugar: 2.5g (2.77%), Cholesterol: 64.12mg (21.37%), Sodium: 112.1mg

(4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin C: 37.61mg (45.59%), Vitamin K: 31.53µg (30.03%), Vitamin B6: 0.53mg (26.53%), Potassium: 803.58mg (22.96%), Vitamin A: 921.21IU (18.42%), Fiber: 4.36g (17.44%), Manganese: 0.3mg (14.76%), Phosphorus: 125.24mg (12.52%), Magnesium: 46.58mg (11.64%), Vitamin B1: 0.15mg (10.3%), Copper: 0.2mg (10.16%), Vitamin B3: 1.91mg (9.56%), Folate: 37.51µg (9.38%), Iron: 1.58mg (8.79%), Vitamin B2: 0.13mg (7.62%), Vitamin B5: 0.61mg (6.12%), Calcium: 57.25mg (5.73%), Vitamin E: 0.74mg (4.92%), Zinc: 0.69mg (4.58%), Vitamin D: 0.48µg (3.17%), Selenium: 1.62µg (2.31%), Vitamin B12: 0.07µg (1.2%)