



Wasabi Mashed Potatoes



Vegetarian



Gluten Free

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READY IN

ready

33 min.

SERVINGS

servings

6

CALORIES

calories

238 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 3 green onions sliced for garnish
- ☐ 6 servings salt and pepper white
- ☐ 4 ounces cup heavy whipping cream sour
- ☐ 4 tablespoons butter unsalted
- ☐ 3 teaspoons wasabi prepared
- ☐ 2 pounds potatoes white peeled quartered

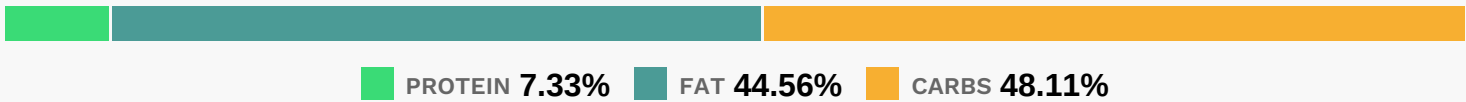
Equipment

- ☐ mixing bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Put peeled and quartered potatoes in a large pot, cover with cold water, and bring to a boil over medium-high heat. Reduce to a simmer and cook until fork tender, about 10 to 15 minutes.
- ☐ Drain and put potatoes in a large mixing bowl. With a handheld mixer on low speed, break up potatoes.
- ☐ Add sour cream, butter, 1/4 cup buttermilk, and 2 teaspoons prepared wasabi and whip potatoes on medium speed.
- ☐ Add more buttermilk until the desired consistency is reached. Season with salt and white pepper, to taste.
- ☐ Garnish with the remaining wasabi and green onions.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:19.73, Inflammation Score:-5, Nutrition Score:10.216086968132%

Flavonoids

Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 237.81kcal (11.89%), Fat: 12.06g (18.56%), Saturated Fat: 7.12g (44.53%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 25.62g (9.32%), Sugar: 2.95g (3.27%), Cholesterol: 33.42mg (11.14%), Sodium: 232.13mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Vitamin C: 32.13mg (38.95%), Vitamin B6: 0.47mg (23.59%), Potassium: 720.21mg (20.58%), Vitamin K: 16.29µg (15.51%), Fiber: 3.68g (14.71%), Manganese: 0.25mg (12.72%), Phosphorus: 124.01mg (12.4%), Magnesium: 41.78mg (10.45%), Vitamin B1: 0.14mg (9.41%), Copper: 0.18mg (9.11%), Vitamin A: 447.7IU (8.95%), Vitamin B3: 1.68mg (8.42%), Folate: 30.9µg (7.72%), Vitamin B2: 0.13mg (7.37%), Iron: 1.32mg (7.31%), Calcium: 70.11mg (7.01%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.65mg (4.33%), Selenium: 2.02µg (2.89%), Vitamin D: 0.4µg (2.67%), Vitamin B12: 0.15µg (2.46%), Vitamin E: 0.35mg (2.34%)