



Wasabi Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 2.3 pounds russet potatoes peeled cut into chunks
- ☐ 1 teaspoon sea salt
- ☐ 2 tablespoons powdered wasabi
- ☐ 1 cup whipping cream warmed

Equipment

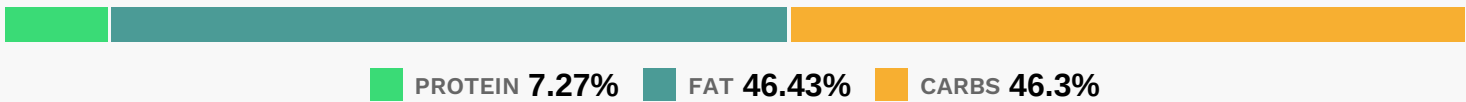
- ☐ bowl
- ☐ pot

☐ hand mixer

Directions

- ☐ Bring a large pot with water to boil over high heat.
- ☐ Add potatoes and cook until tender, about 20 minutes.
- ☐ Drain and return to same pot.
- ☐ Add remaining ingredients except shiso. Use a masher or a hand mixer to whip potatoes to a smooth consistency, adding more cream if needed.
- ☐ Transfer to a serving bowl and sprinkle with shiso if using.
- ☐ *Shiso is an aromatic herb with tender, heart-shaped, frilly-edged leaves; find it at East Asian markets.

Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:18.13, Inflammation Score:-4, Nutrition Score:6.7547825963601%

Nutrients (% of daily need)

Calories: 204.71kcal (10.24%), Fat: 10.86g (16.7%), Saturated Fat: 6.88g (42.98%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 22.57g (8.21%), Sugar: 1.67g (1.86%), Cholesterol: 33.62mg (11.21%), Sodium: 377.35mg (16.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin B6: 0.46mg (22.89%), Potassium: 575.86mg (16.45%), Manganese: 0.22mg (10.78%), Vitamin C: 8.08mg (9.79%), Phosphorus: 91.94mg (9.19%), Vitamin A: 439.13IU (8.78%), Magnesium: 33.85mg (8.46%), Vitamin B1: 0.11mg (7.55%), Fiber: 1.79g (7.16%), Copper: 0.14mg (6.91%), Vitamin B3: 1.37mg (6.87%), Iron: 1.17mg (6.51%), Vitamin B2: 0.1mg (6.15%), Folate: 20.2µg (5.05%), Vitamin B5: 0.47mg (4.69%), Calcium: 38.92mg (3.89%), Zinc: 0.48mg (3.21%), Vitamin D: 0.48µg (3.17%), Vitamin K: 3.25µg (3.09%), Selenium: 1.41µg (2.02%), Vitamin E: 0.29mg (1.96%)