



Wasabi Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds baking potato cubed peeled
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon wasabi powder dried (Japanese horseradish)

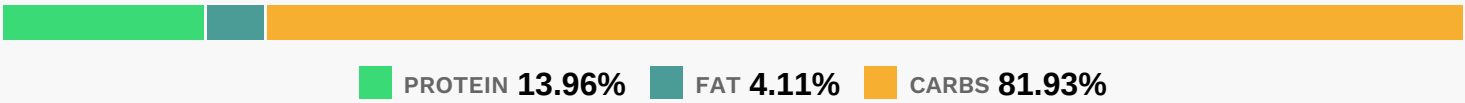
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil; cook 10 minutes or until very tender.
- ☐ Drain.
- ☐ Combine potatoes and remaining ingredients in a medium bowl, and beat with a mixer at medium speed until well blended.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:18.8, Inflammation Score:-2, Nutrition Score:6.7373913163724%

Nutrients (% of daily need)

Calories: 123.95kcal (6.2%), Fat: 0.58g (0.89%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 24.36g (8.86%), Sugar: 2.98g (3.31%), Cholesterol: 1.84mg (0.61%), Sodium: 221.86mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Vitamin B6: 0.47mg (23.59%), Potassium: 624.09mg (17.83%), Phosphorus: 116.96mg (11.7%), Manganese: 0.21mg (10.5%), Vitamin C: 7.84mg (9.5%), Magnesium: 35.73mg (8.93%), Vitamin B1: 0.12mg (8.14%), Calcium: 73.52mg (7.35%), Vitamin B3: 1.41mg (7.03%), Copper: 0.14mg (7.03%), Fiber: 1.73g (6.92%), Iron: 1.17mg (6.47%), Vitamin B2: 0.11mg (6.43%), Vitamin B5: 0.58mg (5.79%), Folate: 21.91µg (5.48%), Zinc: 0.66mg (4.39%), Vitamin B12: 0.17µg (2.86%), Vitamin K: 2.44µg (2.33%), Selenium: 1.54µg (2.2%)