



## Watercress mashed potato



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

### Ingredients

- ☐ 650 g potatoes cut into chunks
- ☐ 100 ml milk
- ☐ 25 g butter
- ☐ 170 g watercress

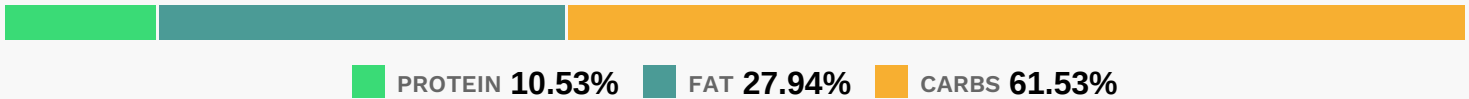
### Equipment

- ☐ frying pan

# Directions

- ☐ Cook the potatoes in a large pan of salted water for 15 mins or until tender.
- ☐ Drain well, then return to the pan to steam-dry for a few mins before mashing.
- ☐ Push the potatoes to one side and add the milk and butter to the other side of the pan.
- ☐ Heat gently until the butter melts, then stir into the potatoes with the watercress and some seasoning.

## Nutrition Facts



## Properties

Glycemic Index:50.94, Glycemic Load:21.35, Inflammation Score:-8, Nutrition Score:17.012173927349%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.09mg, Kaempferol: 11.09mg, Kaempferol: 11.09mg, Kaempferol: 11.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg

## Nutrients (% of daily need)

Calories: 190.08kcal (9.5%), Fat: 6.08g (9.36%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 26.36g (9.58%), Sugar: 2.6g (2.88%), Cholesterol: 16.53mg (5.51%), Sodium: 77.16mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin K: 109.85µg (104.62%), Vitamin C: 50.29mg (60.95%), Vitamin A: 1557.38IU (31.15%), Vitamin B6: 0.55mg (27.51%), Potassium: 864.55mg (24.7%), Manganese: 0.35mg (17.67%), Fiber: 3.79g (15.15%), Phosphorus: 145.67mg (14.57%), Magnesium: 49.52mg (12.38%), Vitamin B1: 0.18mg (12.2%), Copper: 0.21mg (10.42%), Calcium: 103.71mg (10.37%), Vitamin B3: 1.83mg (9.14%), Vitamin B2: 0.14mg (8.28%), Iron: 1.35mg (7.52%), Folate: 30.01µg (7.5%), Vitamin B5: 0.72mg (7.16%), Zinc: 0.63mg (4.2%), Vitamin E: 0.6mg (3.99%), Vitamin B12: 0.15µg (2.5%), Selenium: 1.42µg (2.03%), Vitamin D: 0.28µg (1.89%)