



Whipped Mashed Potatoes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.1 cup milk
- ☐ 5 potatoes peeled quartered

Equipment

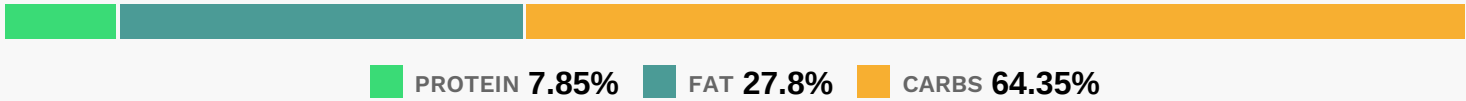
- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot
- ☐ hand mixer

☐ potato masher

Directions

- ☐ Fill a medium size saucepan half full of water, and add a pinch of salt. Bring to a boil.
- ☐ Add potatoes to pot; the water should cover the potatoes. Simmer for 10 minutes, or until potatoes are easily pierced by a fork.
- ☐ Drain.
- ☐ Transfer potatoes to a large mixing bowl.
- ☐ Add butter or margarine and milk, and mash with a potato masher. When well mashed, whip for a minute or two with an electric mixer set on medium speed.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:22.79, Inflammation Score:-4, Nutrition Score:9.1686957841334%

Flavonoids

Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 189.91kcal (9.5%), Fat: 6g (9.23%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 27.35g (9.94%), Sugar: 1.63g (1.81%), Cholesterol: 15.66mg (5.22%), Sodium: 57.59mg (2.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin C: 34.97mg (42.38%), Vitamin B6: 0.53mg (26.35%), Potassium: 756.58mg (21.62%), Fiber: 3.9g (15.62%), Manganese: 0.27mg (13.59%), Phosphorus: 107.99mg (10.8%), Magnesium: 41.58mg (10.39%), Vitamin B1: 0.15mg (9.68%), Copper: 0.19mg (9.59%), Vitamin B3: 1.88mg (9.4%), Iron: 1.39mg (7.7%), Folate: 28.61µg (7.15%), Vitamin B5: 0.55mg (5.52%), Vitamin B2: 0.07mg (3.89%), Vitamin A: 186.71IU (3.73%), Vitamin K: 3.88µg (3.69%), Zinc: 0.54mg (3.61%), Calcium: 29.23mg (2.92%), Vitamin E: 0.18mg (1.22%)