



Yukon Gold Mash with Morel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cloves garlic sliced
- ☐ 6 servings morel sauce
- ☐ 1.3 cups milk
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 servings roasted portobello caps
- ☐ 1 teaspoon salt
- ☐ 6 servings garnish: thyme sprigs fresh

☐ 2.5 pounds yukon gold potatoes peeled coarsely chopped

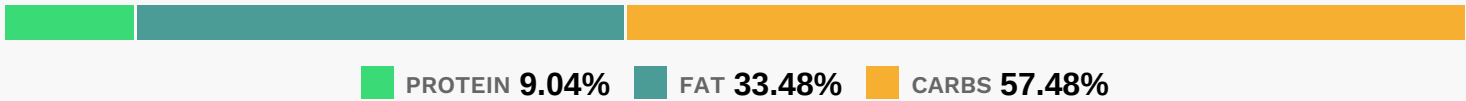
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Prepare Morel Sauce.
- ☐ Cook chopped potatoes in boiling salted water to cover 20 minutes or until tender.
- ☐ Drain potatoes, and set aside.
- ☐ Meanwhile, prepare Roasted Portobello Caps.
- ☐ Saut garlic in butter in a large saucepan over medium heat until butter and garlic are golden.
- ☐ Add milk, salt, and pepper. Bring to a simmer; remove from heat, and add potatoes. Mash with a potato masher until almost smooth.
- ☐ To serve, spoon Yukon Gold Mash into Roasted Portobello Caps; top with Morel Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:25.23, Inflammation Score:-8, Nutrition Score:12.014782708624%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 248.39kcal (12.42%), Fat: 9.44g (14.53%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 32.11g (11.68%), Sugar: 4.19g (4.65%), Cholesterol: 6.1mg (2.03%), Sodium: 519.81mg (22.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin C: 39.16mg (47.47%), Vitamin B6: 0.61mg

(30.36%), Potassium: 891.93mg (25.48%), Fiber: 4.37g (17.5%), Manganese: 0.35mg (17.4%), Phosphorus: 165.18mg (16.52%), Magnesium: 52mg (13%), Vitamin B1: 0.18mg (12.26%), Copper: 0.22mg (10.93%), Vitamin B3: 2.12mg (10.6%), Calcium: 94.91mg (9.49%), Vitamin A: 472.97IU (9.46%), Iron: 1.69mg (9.38%), Vitamin B2: 0.14mg (8.33%), Vitamin B5: 0.78mg (7.81%), Folate: 31.12µg (7.78%), Zinc: 0.79mg (5.3%), Vitamin B12: 0.28µg (4.74%), Vitamin K: 4.03µg (3.84%), Vitamin D: 0.56µg (3.75%), Selenium: 1.87µg (2.67%), Vitamin E: 0.34mg (2.27%)