



Yukon Gold Mash with Rosemary and Garlic



Gluten Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 8 servings vanilla almond milk unsalted unsweetened for milk and butter. your favorite (or milk substitute)
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 cloves garlic peeled
- ☐ 8 servings vanilla almond milk
- ☐ 1.5 cups milk to taste ()
- ☐ 2 small sprigs rosemary
- ☐ 8 servings salt and pepper black
- ☐ 0.5 cup butter unsalted

☐ 5 lbs yukon gold potatoes peeled

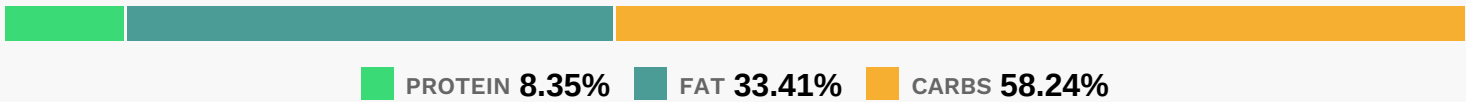
Equipment

- ☐ sieve
- ☐ potato masher

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Yukon Gold Mash with Rosemary and Garlic
- ☐ Ingredients1 1/2 cups milk (or more to taste)2 small sprigs rosemary1 stick (1/2 cup) unsalted butter5 lbs. yukon gold potatoes, peeled2 cloves garlic, peeled
- ☐ Salt and black pepper1/4 cup finely chopped fresh parsley (optional)You will also need
- ☐ Potato masher, mesh strainer
- ☐ Pareve Modification
- ☐ Substitute unsweetened almond milk (or your favorite unsweetened milk substitute) and unsalted margarine for milk and butter.Gluten Free Note
- ☐ If using almond milk or margarine, make sure they're certified GF.
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 45 Minutes
- ☐ Total Time: 1 Hour
- ☐ Servings: 6–8 servings
- ☐ Kosher Key: Dairy or Pareve

Nutrition Facts



Properties

Glycemic Index:31.72, Glycemic Load:37.16, Inflammation Score:-7, Nutrition Score:17.87652151481%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 349.62kcal (17.48%), Fat: 13.27g (20.42%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 45.73g (16.63%), Sugar: 4.45g (4.94%), Cholesterol: 35.99mg (12%), Sodium: 233.54mg (10.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin C: 58.59mg (71.02%), Vitamin B6: 0.88mg (43.8%), Potassium: 1279.22mg (36.55%), Vitamin K: 37.28µg (35.5%), Fiber: 6.33g (25.32%), Manganese: 0.45mg (22.63%), Phosphorus: 213.46mg (21.35%), Magnesium: 72.16mg (18.04%), Vitamin B1: 0.26mg (17.09%), Copper: 0.31mg (15.71%), Vitamin B3: 3.07mg (15.36%), Iron: 2.35mg (13.07%), Folate: 48.73µg (12.18%), Vitamin A: 593.13IU (11.86%), Vitamin B5: 1.04mg (10.37%), Calcium: 100.48mg (10.05%), Vitamin B2: 0.16mg (9.5%), Zinc: 1.05mg (7.02%), Vitamin D: 0.72µg (4.77%), Vitamin B12: 0.27µg (4.52%), Selenium: 1.97µg (2.82%), Vitamin E: 0.4mg (2.63%)