



Zucchini Potato Lemon-Thyme Mash



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons lemon thyme fresh finely chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 pounds potato boiling
- ☐ 1.8 pounds zucchini (3 medium)

Equipment

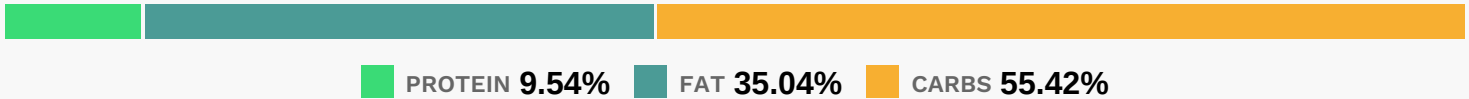
- ☐ bowl
- ☐ sauce pan
- ☐ potato masher

☐ colander

Directions

- ☐ Cut zucchini crosswise into 1-inch-thick slices. In a large saucepan cover potatoes with salted cold water by 2 inches and simmer, covered, until tender, about 35 minutes.
- ☐ Transfer potatoes to a colander and reserve cooking water. When potatoes are cool enough to handle, peel and put in a large bowl.
- ☐ Add lemon thyme, butter, and salt and pepper to taste and with a potato masher coarsely mash. Keep mash warm, covered.
- ☐ Bring cooking water to a boil and simmer zucchini until tender, about 8 minutes.
- ☐ Drain zucchini well in colander and coarsely mash into potatoes. Mash may be made 1 day ahead and cooled completely before being chilled, covered. Reheat mash before serving.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:10.673478298213%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 152.73kcal (7.64%), Fat: 6.27g (9.65%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 18.97g (6.9%), Sugar: 4.77g (5.3%), Cholesterol: 15.05mg (5.02%), Sodium: 31.83mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin C: 34.5mg (41.82%), Potassium: 867mg (24.77%), Vitamin B6: 0.41mg (20.55%), Manganese: 0.41mg (20.29%), Fiber: 3.34g (13.38%), Folate: 52.67µg (13.17%), Magnesium: 49.97mg (12.49%), Phosphorus: 121.83mg (12.18%), Copper: 0.23mg (11.34%), Vitamin B1: 0.15mg (10.14%), Vitamin B2: 0.17mg (9.71%), Vitamin A: 479.14IU (9.58%), Vitamin B3: 1.91mg (9.57%), Vitamin K: 9.47µg (9.02%), Iron: 1.43mg (7.97%), Vitamin B5: 0.6mg (5.97%), Zinc: 0.82mg (5.44%), Calcium: 36.89mg (3.69%), Vitamin E: 0.33mg (2.22%), Selenium: 0.9µg (1.29%)