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## Kids Side of Mashed Potatoes ✦

This recipe is a delicious and creamy side dish of mashed potatoes that is perfect for kids. It is made with real potatoes and simple ingredients to create a tasty and nutritious meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>1000 g</b>	potatoes
<b>100 g</b>	butter
<b>200 ml</b>	milk
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Pepper

# Directions

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## Step 1

Boiling

Peel and chop the potatoes into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 20 mins

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## Step 2

Boiling

Boil the potatoes in a large pot of salted water until tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 3

Drain the potatoes and return them to the pot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Stirring

Add butter, milk, salt, and pepper to the pot with the potatoes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 5

Mashing

Mash the potatoes until smooth and creamy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 6

Serving

Serve the mashed potatoes hot as a side dish.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 10 g

**Protein: 2 g**

**Carbohydrates: 15 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	25 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Ovo-Vegetarian Diet

### Course

Side Dishes

### Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

### Cooking Method

Simmering

Cut

Serving

None

Mashing

Preheating

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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