

LE GRUYÈRE AOP MASHED POTATOES



Time
45min



Servings
1

Calcium Recommended Daily Intake
14%

Calories

288

Calcium

280mg

Protein

9g

Vitamin D

6 IU

Ingredients

- 62g Charlotte potatoes
- 1/4 sheets of laurel
- 12g onions
- 2g garlic
- 5g chives
- 2g of parsley
- 2g of sage
- 1g rosemary
- 1g of thyme
- pinch of salt
- pinch of pepper
- 17g butter
- 25g Le Gruyère d'Alpage AOP

Instructions

1. Peel the potatoes and cook in salted water with the bay leaf until soft.
2. Dice the onion and garlic and slowly sauté in the butter.
3. Finely chop all the herbs and grate the Le Gruyère AOP Alpage.
4. As soon as the potatoes are cooked, drain them and leave to steam.
5. Mash the potatoes with a potato masher and pour over the butter with the onion and garlic.
6. Season with salt and pepper.
7. Finally, mix in the chopped herbs and Le Gruyère AOP cheese and enjoy.



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>

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