



Creamy Oikos® Mashed Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chicken broth
- ☐ 2 tablespoons chives chopped
- ☐ 1.3 cups dannon oikos greek nonfat yogurt plain
- ☐ 10 servings salt and pepper to taste
- ☐ 3 pounds yukon potatoes gold or russet-style

Equipment

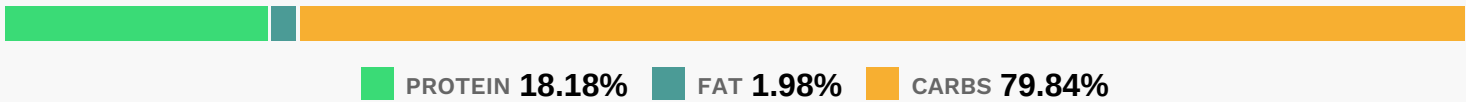
- ☐ sauce pan
- ☐ oven

- ☐ potato masher
- ☐ potato ricer

Directions

- ☐ Peel potatoes and cut into 2-inch cubes.
- ☐ Place potatoes in a heavy saucepan (equipped with a tight fitting lid).
- ☐ Add about 2 inches of cold water and sprinkle with kosher salt and pepper.
- ☐ Cover the saucepan and place over high heat. When you see steam escaping from the lid (no peaking!) immediately reduce flame to low and cook the potatoes about 20–22 minutes or until fork tender.
- ☐ Drain any excess water from the potatoes and place back on heat to dry (30 seconds). Using a potato masher or ricer; mash potatoes until smooth.
- ☐ Add chicken broth and yogurt and continue to mash. Season potatoes, add chives and serve with roasted meats or chicken. Potatoes can be kept warm in a very low oven (275 degrees F.) or dotted with butter and reheated in a 350 degrees F oven for 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:17.41, Inflammation Score:-3, Nutrition Score:8.004782565262%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 122.64kcal (6.13%), Fat: 0.27g (0.42%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 21.86g (7.95%), Sugar: 2.05g (2.27%), Cholesterol: 1.8mg (0.6%), Sodium: 298.76mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin C: 27.16mg (32.92%), Vitamin B6: 0.42mg (20.97%), Potassium: 616.53mg (17.62%), Fiber: 3.01g (12.03%), Phosphorus: 115.12mg (11.51%), Manganese: 0.22mg (11.21%), Magnesium: 34.72mg (8.68%), Vitamin B1: 0.12mg (8.01%), Vitamin B2: 0.13mg (7.83%), Copper: 0.16mg (7.81%), Vitamin B3: 1.55mg (7.73%), Iron: 1.11mg (6.15%), Folate: 24.27µg (6.07%), Vitamin B5: 0.5mg (4.95%), Calcium: 47.54mg (4.75%), Selenium: 3.15µg (4.5%), Zinc: 0.56mg (3.71%), Vitamin K: 3.86µg (3.68%),

Vitamin B12: 0.19µg (3.19%)