



Feta Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes cubed peeled
- ☐ 0.8 ounce feta cheese crumbled
- ☐ 2 tablespoons nonfat cream sour
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup skim milk

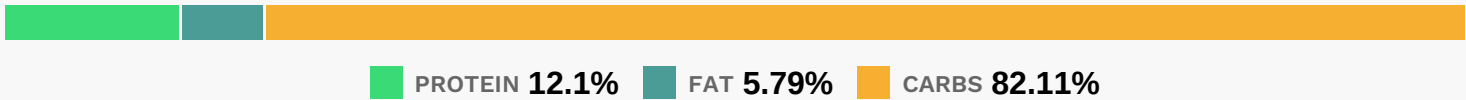
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place potatoes in a medium saucepan; cover with water, and bring to a boil. Cover potatoes, reduce heat, and simmer 20 minutes or until potatoes are very tender.
- ☐ Drain potatoes well, and return to pan; beat at high speed of a mixer until smooth.
- ☐ Add skim milk, feta cheese, sour cream, salt, oregano, and pepper, and beat well.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:16.28, Inflammation Score:-3, Nutrition Score:5.4939131373944%

Nutrients (% of daily need)

Calories: 101.94kcal (5.1%), Fat: 0.68g (1.04%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 20.02g (7.28%), Sugar: 1.11g (1.23%), Cholesterol: 2.87mg (0.96%), Sodium: 188.72mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Vitamin B6: 0.41mg (20.45%), Potassium: 493.61mg (14.1%), Manganese: 0.19mg (9.68%), Phosphorus: 82.65mg (8.27%), Vitamin C: 6.47mg (7.84%), Magnesium: 28.25mg (7.06%), Vitamin B1: 0.1mg (6.86%), Fiber: 1.54g (6.17%), Vitamin B3: 1.22mg (6.09%), Copper: 0.12mg (6%), Iron: 1.05mg (5.81%), Vitamin B2: 0.08mg (4.42%), Calcium: 44.06mg (4.41%), Folate: 17.52µg (4.38%), Vitamin B5: 0.4mg (3.96%), Zinc: 0.46mg (3.06%), Vitamin K: 2.97µg (2.83%), Selenium: 1.17µg (1.68%), Vitamin B12: 0.1µg (1.64%)