



Garlic Herb Feta Cheese Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon rosemary dried
- ☐ 4 ounce feta cheese crumbled
- ☐ 3 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon oregano dried
- ☐ 2.5 pounds yukon gold potatoes cubed peeled

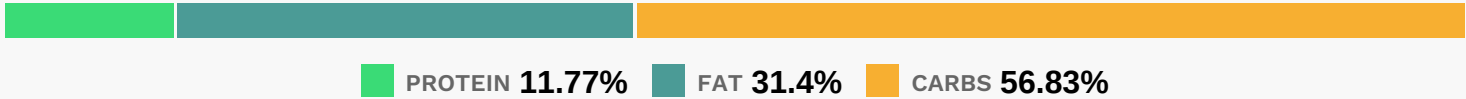
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain and return potatoes to the pot.
- ☐ Mash potatoes with a potato masher until smooth. Stir in milk, feta cheese, butter, garlic, oregano, and rosemary. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:55.96, Glycemic Load:24.89, Inflammation Score:-6, Nutrition Score:12.873912971953%

Flavonoids

Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 244.23kcal (12.21%), Fat: 8.69g (13.37%), Saturated Fat: 5.35g (33.41%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 31.09g (11.31%), Sugar: 2.48g (2.75%), Cholesterol: 29.29mg (9.76%), Sodium: 264.85mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Vitamin C: 37.71mg (45.71%), Vitamin B6: 0.67mg (33.55%), Potassium: 848.54mg (24.24%), Phosphorus: 195.78mg (19.58%), Fiber: 4.29g (17.16%), Manganese: 0.34mg (17.08%), Vitamin B2: 0.25mg (14.85%), Calcium: 147.91mg (14.79%), Vitamin B1: 0.2mg (13.02%), Magnesium: 50.61mg (12.65%), Vitamin B3: 2.22mg (11.11%), Copper: 0.22mg (10.86%), Iron: 1.7mg (9.43%), Folate: 36.91µg (9.23%), Vitamin B5: 0.83mg (8.35%), Zinc: 1.2mg (8.02%), Vitamin B12: 0.44µg (7.29%), Selenium: 4.06µg (5.8%), Vitamin K: 5.54µg (5.28%), Vitamin A: 236.87IU (4.74%), Vitamin D: 0.3µg (2%), Vitamin E: 0.2mg (1.36%)