



Healthy Hummus Mashed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons coconut oil
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1.3 cup water (such as Sabra Classic Hummus)
- ☐ 1 optional: lemon cut into 6 wedges
- ☐ 5 cups potatoes yellow peeled cut into 1-1/2 inch cubes (6 potatoes)
- ☐ 6 servings salt and pepper fresh to taste

Equipment

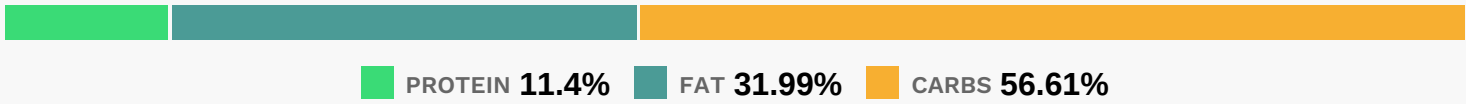
- ☐ pot

☐ potato masher

Directions

- ☐ Place the potato cubes in a medium-sized pot with enough water to cover and 1/4 teaspoon salt. Bring to a boil and simmer over medium heat for about 30 minutes, or until fork tender.
- ☐ Drain the potatoes and place back into the pot over medium heat until the moisture comes out of the potatoes and they appear dry, about 3 minutes.
- ☐ Remove from the heat.In the same pot start mashing the potatoes with a potato masher. Mash in the hummus and oil, followed by the salt and pepper, to taste.
- ☐ Serve topped with a sprinkling of fresh parsley and lemon wedges to squeeze overtop.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:23.77, Inflammation Score:-6, Nutrition Score:15.790434833454%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 270.07kcal (13.5%), Fat: 10.09g (15.53%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 32.51g (11.82%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 412.58mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Vitamin C: 45.79mg (55.5%), Manganese: 0.7mg (34.92%), Vitamin B6: 0.64mg (32.06%), Fiber: 7.68g (30.71%), Potassium: 893.66mg (25.53%), Copper: 0.49mg (24.29%), Vitamin K: 25.22µg (24.02%), Magnesium: 81.18mg (20.29%), Phosphorus: 199.62mg (19.96%), Folate: 77.38µg (19.35%), Vitamin B1: 0.25mg (16.45%), Iron: 2.89mg (16.08%), Vitamin B3: 2.2mg (10.99%), Zinc: 1.53mg (10.23%), Vitamin B5: 0.63mg (6.3%), Vitamin B2: 0.1mg (5.64%), Calcium: 48.46mg (4.85%), Selenium: 2.02µg (2.89%), Vitamin A: 136.18IU (2.72%)