



 **64%**
HEALTH SCORE

Mary's Healthier Potatoes

 Vegetarian  Gluten Free  Very Healthy

READY IN



50 min.

SERVINGS



5

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch ground pepper
- 0.5 teaspoon garlic powder
- 1 pinch pepper black
- 2.5 cups nonfat cottage cheese
- 1 cup cream sour
- 1 tablespoon onion minced
- 10 potatoes peeled
- 1 teaspoon salt

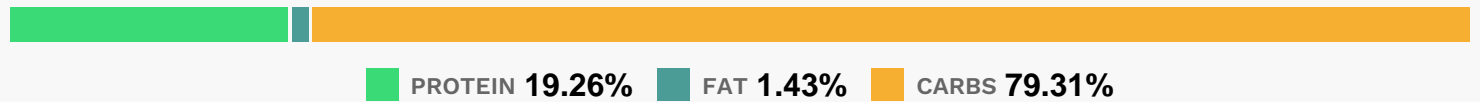
Equipment

- oven
- mixing bowl
- pot
- baking pan

Directions

- Place potatoes in a large pot. Cover with water and bring to a boil. Cook until tender, then drain. When potatoes are cool enough to handle, shred them.
- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.
- In a medium-size mixing bowl, combine potatoes, sour cream, cottage cheese, onion, salt, pepper, and cayenne pepper.
- Transfer the mixture to the greased baking dish.
- Bake at 350 degrees F (175 degrees C) for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:35.95, Glycemic Load:54.53, Inflammation Score:-7, Nutrition Score:26.525217218244%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 445.33kcal (22.27%), Fat: 0.72g (1.11%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 89.55g (29.85%), Net Carbohydrates: 80.11g (29.13%), Sugar: 5.69g (6.32%), Cholesterol: 12.05mg (4.02%), Sodium: 976.15mg (42.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.49%), Vitamin C: 84.09mg (101.93%), Vitamin B6: 1.29mg (64.59%), Potassium: 2014.87mg (57.57%), Phosphorus: 503.13mg (50.31%), Fiber: 9.44g (37.77%), Manganese: 0.69mg (34.32%), Magnesium: 115.52mg (28.88%), Vitamin B2: 0.46mg (27.17%), Vitamin B1: 0.39mg (25.83%), Copper: 0.5mg (25.22%), Vitamin B3: 4.69mg (23.46%), Folate: 83.94µg (20.98%), Calcium: 206.9mg

(20.69%), Selenium: 14.42µg (20.61%), Iron: 3.52mg (19.56%), Vitamin B5: 1.77mg (17.7%), Zinc: 2.01mg (13.41%),
Vitamin B12: 0.66µg (10.96%), Vitamin K: 8.15µg (7.76%), Vitamin A: 143.33IU (2.87%)