



Mashed Kohlrabi and Red Potato Bake

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- 2 teaspoons garlic scape grated
- 1 large kohlrabi bulb peeled cut into cubes
- 6 small potatoes red
- 0.5 cup mozzarella cheese shredded

Equipment

- bowl
- oven
- pot

- hand mixer
- casserole dish
- microwave

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Bring a small pot of lightly salted water to a boil; cook kohlrabi cubes in boiling water until soft, about 15 minutes; drain.
- Cook red potatoes in microwave oven until soft, about 10 minutes.
- Beat kohlrabi, potatoes, and garlic scape together in a bowl with an electric hand mixer until smooth; transfer to a 1-quart casserole dish and top with mozzarella cheese.
- Bake in the preheated oven until the cheese begins to brown, about 30 minutes.

Nutrition Facts



PROTEIN 14.36% **FAT 13.18%** **CARBS 72.46%**

Properties

Glycemic Index:12.83, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:9.7395651703296%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 155.24kcal (7.76%), Fat: 2.35g (3.62%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 25.3g (9.2%), Sugar: 2.95g (3.28%), Cholesterol: 7.37mg (2.46%), Sodium: 94.29mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Vitamin C: 30.43mg (36.89%), Potassium: 872.1mg (24.92%), Vitamin B6: 0.34mg (17.12%), Fiber: 3.81g (15.24%), Phosphorus: 149.77mg (14.98%), Manganese: 0.29mg (14.7%), Copper: 0.26mg (13.2%), Magnesium: 44.27mg (11.07%), Vitamin B3: 2.07mg (10.35%), Vitamin B1: 0.16mg (10.33%), Folate: 35.28µg (8.82%), Iron: 1.4mg (7.77%), Calcium: 71.94mg (7.19%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.53mg (5.35%), Vitamin B2: 0.09mg (5.01%), Vitamin K: 5.19µg (4.94%), Selenium: 2.75µg (3.93%), Vitamin B12: 0.21µg (3.55%), Vitamin A: 84.08IU (1.68%), Vitamin E: 0.16mg (1.04%)