





## Mashed Potatoes with Garlic, Sage & Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

### Ingredients

- 3 medium size baking potatoes (peeled cut in 1 inch pieces)
- 1 tsp garlic (minced)
- 5.3 oz goat cheese
- 4 tbsp olive oil
- 1 tsp sage

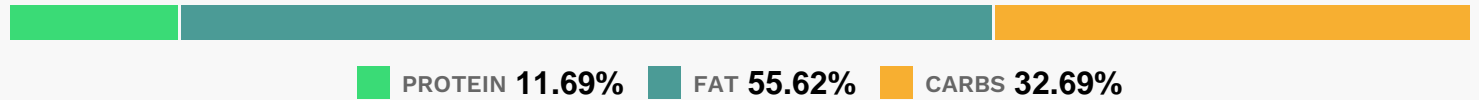
### Equipment

- sauce pan

## Directions

- In a medium saucepan cook the potatoes in salted water until tender, about 15 minutes.
- Drain the potatoes and return them to the saucepan. While still warm, add the olive oil, garlic and Chavrie Goat Cheese. Whip the potatoes with hand held mixers until the ingredients are blended and the desired consistency is obtained. Season with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:14.34, Glycemic Load:11.38, Inflammation Score:-2, Nutrition Score:7.0847826086957%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 175.45kcal (8.77%), Fat: 11.04g (16.98%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 13.53g (4.92%), Sugar: 0.67g (0.74%), Cholesterol: 8.64mg (2.88%), Sodium: 73.32mg (3.19%), Protein: 5.22g (10.44%), Copper: 0.98mg (48.93%), Vitamin B6: 0.33mg (16.34%), Potassium: 340.5mg (9.73%), Phosphorus: 92.64mg (9.26%), Manganese: 0.17mg (8.75%), Vitamin E: 1.05mg (7%), Iron: 1.12mg (6.2%), Vitamin B2: 0.1mg (5.79%), Vitamin K: 6µg (5.71%), Vitamin C: 4.66mg (5.65%), Magnesium: 21.89mg (5.47%), Vitamin B1: 0.08mg (5.34%), Vitamin B3: 0.91mg (4.55%), Fiber: 1.06g (4.25%), Vitamin A: 194.84IU (3.9%), Calcium: 39.02mg (3.9%), Vitamin B5: 0.37mg (3.7%), Folate: 13.45µg (3.36%), Zinc: 0.41mg (2.75%), Selenium: 0.9µg (1.28%)