



Mozzarella Mashed Potato Remix

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

- 3 tablespoons canola oil
- 1 rib celery stalks chopped
- 2 tablespoons breadcrumbs dry
- 1 garlic clove minced
- 2 tablespoons bell pepper green chopped
- 2 medium onion chopped
- 0.5 cup part-skim mozzarella cheese shredded
- 3 cups potatoes (with added milk and butter) mashed

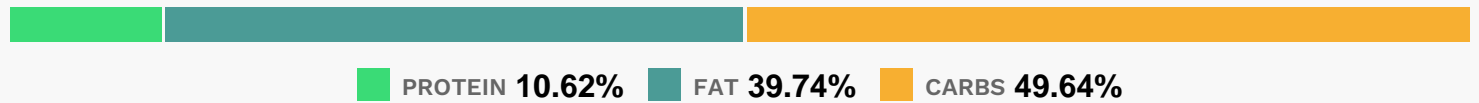
Equipment

- frying pan
- oven
- baking pan

Directions

- Grease a 1-1/2-qt. baking dish and sprinkle with bread crumbs; set aside.
- In a large skillet, saute the onions, celery and pepper in oil until tender.
- Add garlic; cook 1 minute longer.
- Remove from the heat; stir in mashed potatoes and cheese cubes.
- Transfer to prepared baking dish and sprinkle with shredded cheese.
- Bake, uncovered, at 375° for 25–30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:14.24, Inflammation Score:-4, Nutrition Score:8.4052174480065%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 195.66kcal (9.78%), Fat: 8.8g (13.54%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 21.59g (7.85%), Sugar: 2.77g (3.07%), Cholesterol: 5.97mg (1.99%), Sodium: 90.25mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Vitamin C: 26.05mg (31.58%), Vitamin B6: 0.38mg (18.88%), Potassium: 517.82mg (14.79%), Fiber: 3.15g (12.6%), Manganese: 0.25mg (12.59%), Phosphorus: 120.62mg (12.06%), Calcium: 101.4mg (10.14%), Vitamin B1: 0.14mg (9.17%), Vitamin E: 1.27mg (8.47%), Magnesium: 31.85mg (7.96%), Vitamin K: 7.79µg (7.42%), Folate: 28.56µg (7.14%), Copper: 0.14mg (7.11%), Vitamin B3: 1.4mg

(7%), Iron: 1.1mg (6.09%), Vitamin B2: 0.09mg (5.1%), Zinc: 0.68mg (4.55%), Selenium: 2.75µg (3.93%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.09µg (1.47%), Vitamin A: 59.99IU (1.2%)