

Pastetnik Potatoes

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 0.3 cup mayonnaise
- 0.3 cup olive oil
- 1 cup yogurt plain
- 1 pound potatoes peeled cut into 1 inch cubes
- 1 teaspoon salt

Equipment

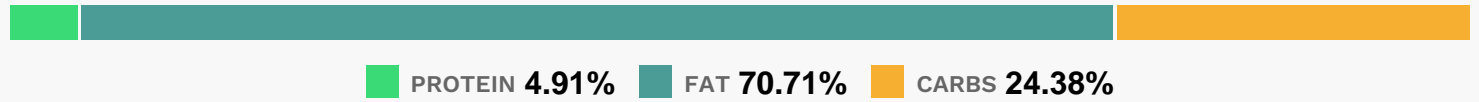
- bowl

- oven
- baking pan
- roasting pan

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- In a medium bowl, toss potatoes with olive oil to coat, and place in a shallow roasting pan or baking dish. Season with salt and pepper.
- Bake for 1 hour, or until golden brown and tender.
- Remove from the oven, and transfer potatoes to a large bowl. Stir in yogurt and mayonnaise to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.19, Glycemic Load:15.13, Inflammation Score:-3, Nutrition Score:9.9756520494171%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 371.58kcal (18.58%), Fat: 29.56g (45.48%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 20.37g (7.41%), Sugar: 3.85g (4.27%), Cholesterol: 15.8mg (5.27%), Sodium: 735.2mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin K: 41.24µg (39.28%), Vitamin C: 22.65mg (27.45%), Vitamin B6: 0.36mg (17.82%), Vitamin E: 2.61mg (17.38%), Potassium: 579.65mg (16.56%), Phosphorus: 127.14mg (12.71%), Manganese: 0.21mg (10.53%), Fiber: 2.56g (10.23%), Calcium: 90.82mg (9.08%), Magnesium: 34.06mg (8.52%), Vitamin B2: 0.13mg (7.49%), Vitamin B1: 0.11mg (7.37%), Copper: 0.14mg (6.77%), Vitamin B3: 1.24mg (6.22%), Vitamin B5: 0.61mg (6.1%), Iron: 1.06mg (5.88%), Folate: 23.41µg (5.85%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.25µg (4.15%), Selenium: 2.13µg (3.04%), Vitamin A: 76.41IU (1.53%)