

 1%  
HEALTH SCORE

## Potato Poofies

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter softened
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon garlic minced
- 4 baking potatoes
- 10 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded

### Equipment

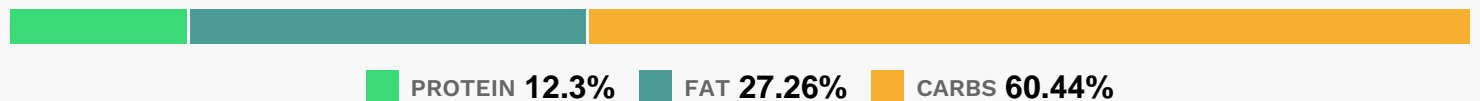
- frying pan

pot

## Directions

- Place potatoes into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry until cool enough to handle.
- Peel the potatoes, and mash until smooth while they are still hot.
- Add the butter, Cheddar cheese, garlic, and cilantro, mash until the ingredients are incorporated, then season to taste with salt and pepper. Form the mashed potatoes into 10 balls, and slightly flatten between the palms of your hands.
- Preheat a large skillet over medium-high heat, and grease with cooking spray. Cook the poofies 5 at a time until golden brown on both sides, about 3 minutes per side. Repeat with remaining poofies. Poofies are best served warm.

## Nutrition Facts



## Properties

Glycemic Index:22.38, Glycemic Load:12.16, Inflammation Score:-2, Nutrition Score:4.5082608688137%

## Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 100.81kcal (5.04%), Fat: 3.13g (4.81%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 14.48g (5.27%), Sugar: 0.56g (0.62%), Cholesterol: 8.66mg (2.89%), Sodium: 244.4mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin B6: 0.3mg (15.05%), Potassium: 364.78mg (10.42%), Phosphorus: 73.69mg (7.37%), Manganese: 0.14mg (7.04%), Vitamin C: 5.12mg (6.21%), Magnesium: 21.4mg (5.35%), Calcium: 52.28mg (5.23%), Vitamin B1: 0.07mg (4.83%), Copper: 0.09mg (4.6%), Fiber: 1.13g (4.53%), Vitamin B3: 0.9mg (4.48%), Iron: 0.76mg (4.22%), Vitamin K: 4.25µg (4.05%), Folate: 13.66µg (3.41%), Vitamin B2: 0.05mg (3.23%), Zinc: 0.46mg (3.08%), Vitamin A: 146.45IU (2.93%), Vitamin B5: 0.29mg (2.87%), Selenium: 1.98µg (2.83%), Vitamin B12: 0.06µg (1.04%)