



Potatoes with Spicy Cheese Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 12 curly kale leaves
- ☐ 3 ounces feta cheese
- ☐ 2 large hard-cooked eggs cut into 6 wedges
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 ounces curd cottage cheese 2% reduced-fat
- ☐ 4 cups onion separated thinly sliced
- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.3 cup milk whole

☐ 2 pounds yukon gold potatoes

Equipment

☐ sauce pan

☐ blender

☐ ziploc bags

Directions

☐ Combine onion and juice in a large zip-top plastic bag; seal and marinate in refrigerator 2 hours, turning bag occasionally.

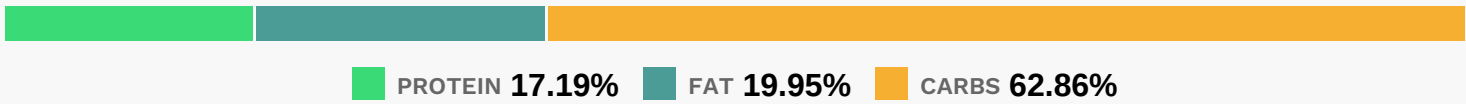
☐ Remove onion from bag, reserving marinade.

☐ Place potatoes in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 25 minutes or until tender; drain. Cool. Peel and cut potatoes in half.

☐ Place reserved marinade, cheeses, hot sauce, and milk in a blender; process until smooth.

☐ Arrange 2 lettuce leaves on each of 6 salad plates. Top each serving with 2/3 cup onion, 3/4 cup potatoes, 2 tablespoons cheese sauce, and 2 egg wedges.

Nutrition Facts



Properties

Glycemic Index:29.29, Glycemic Load:21.87, Inflammation Score:-9, Nutrition Score:19.005652095961%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 23.97mg, Quercetin: 23.97mg, Quercetin: 23.97mg

Nutrients (% of daily need)

Calories: 246.36kcal (12.32%), Fat: 5.61g (8.63%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 34.22g (12.44%), Sugar: 7.36g (8.18%), Cholesterol: 76.57mg (25.52%), Sodium: 322.53mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.76%), Vitamin C: 47.21mg (57.23%), Vitamin A: 2325.7IU (46.51%), Vitamin K: 40.24µg (38.32%), Vitamin B6: 0.71mg (35.29%), Potassium: 922.85mg (26.37%), Phosphorus: 232.55mg (23.25%), Manganese: 0.45mg (22.66%), Fiber: 5.56g (22.26%), Vitamin B2: 0.35mg (20.4%), Folate: 71.89µg (17.97%), Vitamin B1: 0.24mg (15.72%), Calcium: 153.47mg (15.35%), Selenium: 9.9µg (14.15%), Magnesium: 56.42mg (14.11%), Copper: 0.23mg (11.34%), Iron: 1.98mg (11.02%), Vitamin B5: 1.08mg (10.76%), Vitamin B3: 2.02mg (10.12%), Vitamin B12: 0.57µg (9.48%), Zinc: 1.36mg (9.07%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.33mg (2.18%)