



Roasted Mashed Potatoes with Leeks

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 8 ounce carton cream sour low-fat
- 0.5 pound leek
- 1.5 cups milk 1% low-fat
- 1.5 tablespoons olive oil divided
- 1 teaspoon salt
- 3 pounds yukon gold red cubed

Equipment

- bowl
- oven
- blender
- baking pan
- microwave

Directions

- Preheat oven to 42
- Remove roots and outer leaves from leek, leaving 1 inch of green leaves. Discard remaining leaves; rinse with cold water.
- Remove 1 inch green leaves; cut lengthwise into 1-inch strips. Set aside.
- Cut white portion into thin slices to measure 1/2 cup.
- Combine white portion of leek and potato in a 13 x 9-inch baking dish coated with cooking spray.
- Drizzle with 1 tablespoon oil; toss well.
- Place green portion of leek in an 8-inch baking dish.
- Drizzle with 1 1/2 teaspoons oil; toss well, and set aside.
- Bake potato mixture at 425 for 20 minutes, stirring once. (Do not remove from oven.)
- Add baking dish with green leek tops to oven.
- Bake at 425 for 15 minutes or until potato mixture and green leek tops are tender, stirring both after 8 minutes.
- Remove baking dishes from oven.
- Place milk in a large microwave-safe bowl. Microwave at high 2 minutes or until warm.
- Add potato mixture; beat at medium speed of a mixer until well-blended. Stir in salt, pepper, and sour cream.
- Sprinkle with green leek tops.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:12.23652165869%

Flavonoids

Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 217.46kcal (10.87%), Fat: 6.38g (9.81%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 32.03g (11.65%), Sugar: 5.56g (6.18%), Cholesterol: 12.13mg (4.04%), Sodium: 367.84mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Potassium: 957.18mg (27.35%), Vitamin C: 18.29mg (22.16%), Manganese: 0.39mg (19.71%), Vitamin B6: 0.39mg (19.39%), Vitamin K: 20.23µg (19.26%), Phosphorus: 179.58mg (17.96%), Fiber: 3.43g (13.73%), Copper: 0.27mg (13.44%), Magnesium: 53.73mg (13.43%), Vitamin A: 664.89IU (13.3%), Folate: 52.79µg (13.2%), Calcium: 130.22mg (13.02%), Vitamin B1: 0.19mg (12.77%), Vitamin B3: 2.14mg (10.7%), Iron: 1.89mg (10.48%), Vitamin B2: 0.16mg (9.26%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.39µg (6.48%), Zinc: 0.93mg (6.2%), Vitamin E: 0.75mg (5.01%), Selenium: 2.95µg (4.21%), Vitamin D: 0.54µg (3.62%)