



Roasted Red Pepper and Feta Mashed Potatoes



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 0.3 cup feta crumbled
- ☐ 2 cloves garlic peeled
- ☐ 0.3 cup greek yogurt
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon oregano chopped
- ☐ 1 pound potatoes peeled cut into 1 inch cubes

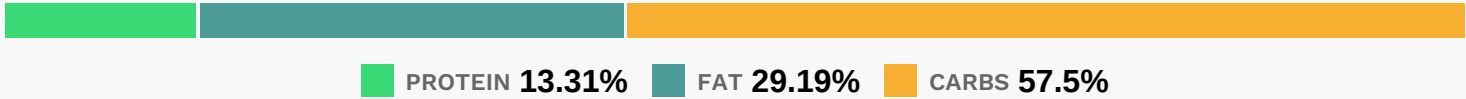
- ☐ 1 large roasted pepper diced red
- ☐ 4 servings salt and pepper to taste

Equipment

Directions

- ☐ Boil the potatoes and garlic in enough water to cover over medium-high until the potatoes are fork tender, about 20–30 minutes, drain and mash.
- ☐ Mix in the butter, yogurt, roasted red pepper, feta, oregano and lemon juice and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:48.94, Glycemic Load:14.76, Inflammation Score:-8, Nutrition Score:9.2160870303278%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 152.92kcal (7.65%), Fat: 5.1g (7.85%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 19.43g (7.07%), Sugar: 1.46g (1.62%), Cholesterol: 16.49mg (5.5%), Sodium: 461.71mg (20.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Vitamin C: 28.59mg (34.65%), Vitamin B6: 0.43mg (21.61%), Potassium: 540.86mg (15.45%), Manganese: 0.28mg (14.02%), Fiber: 3.18g (12.72%), Phosphorus: 120.37mg (12.04%), Calcium: 101.36mg (10.14%), Vitamin K: 10.37µg (9.87%), Vitamin B2: 0.16mg (9.61%), Magnesium: 34.31mg (8.58%), Iron: 1.52mg (8.44%), Vitamin B1: 0.12mg (7.77%), Copper: 0.15mg (7.64%), Vitamin B3: 1.44mg (7.19%), Folate: 27.36µg (6.84%), Vitamin B5: 0.5mg (5%), Zinc: 0.74mg (4.92%), Selenium: 3.32µg (4.74%), Vitamin B12: 0.25µg (4.2%), Vitamin A: 199.52IU (3.99%), Vitamin E: 0.35mg (2.3%)