



 **100%**
HEALTH SCORE

Sautéed Spinach With Rustic Mashed Potatoes

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon pepper red crushed
- 1 garlic clove
- 4 garlic cloves minced
- 0.5 cup milk 1% low-fat
- 2 teaspoons olive oil
- 1.5 cups onion chopped (1)
- 6 tablespoons parmesan cheese shredded

- 1 bell pepper diced red seeded
- 0.8 teaspoon salt
- 10 ounce pkt spinach fresh (4 cups)
- 0.8 cup vegetable broth
- 1 tablespoon yogurt-based spread (such as Brummel & Brown)
- 2 pounds yukon gold potatoes diced

Equipment

- frying pan
- sauce pan
- blender

Directions

- Place potato and 1 garlic clove in a saucepan, and cover with water; bring to a boil. Cover, reduce heat, and simmer, 10 minutes or until tender.
- Drain and set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, red bell pepper, and minced garlic; saut 5 minutes or until tender.
- Add spinach, broth, and crushed red pepper; cover and cook 3 minutes. Stir well.
- Add milk, spread, salt, and black pepper to potato; beat with mixer at medium speed for 1 minute or until coarsely mashed.
- Serve spinach mixture on top of mashed potato.
- Sprinkle evenly with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:89.44, Glycemic Load:31.67, Inflammation Score:-10, Nutrition Score:33.675217348596%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg

Nutrients (% of daily need)

Calories: 293.94kcal (14.7%), Fat: 5.05g (7.77%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 53.54g (17.85%), Net Carbohydrates: 45.2g (16.44%), Sugar: 8.04g (8.93%), Cholesterol: 7.22mg (2.41%), Sodium: 822.17mg (35.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.37%), Vitamin K: 350.1µg (333.43%), Vitamin A: 7836.33IU (156.73%), Vitamin C: 108.31mg (131.29%), Manganese: 1.18mg (58.9%), Vitamin B6: 1.04mg (52.07%), Folate: 200.5µg (50.13%), Potassium: 1581.46mg (45.18%), Fiber: 8.35g (33.39%), Magnesium: 126.51mg (31.63%), Phosphorus: 282.63mg (28.26%), Calcium: 253.33mg (25.33%), Iron: 4.12mg (22.89%), Vitamin B1: 0.31mg (20.63%), Vitamin B2: 0.33mg (19.23%), Copper: 0.38mg (19.16%), Vitamin B3: 3.36mg (16.82%), Vitamin E: 2.31mg (15.39%), Zinc: 1.62mg (10.83%), Vitamin B5: 1.07mg (10.71%), Selenium: 4.7µg (6.72%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.37µg (2.45%)