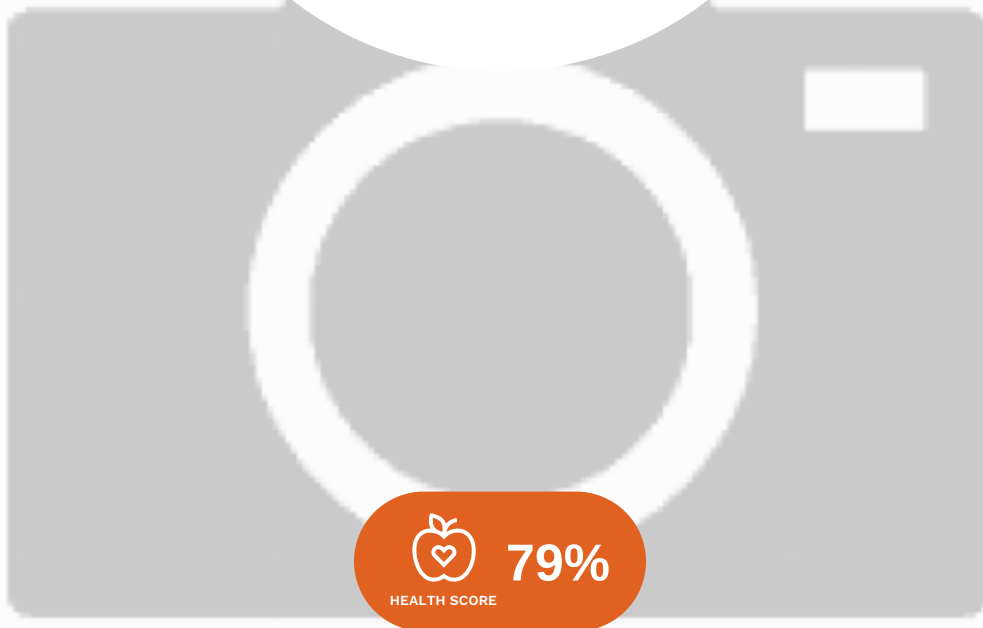




Skordalia



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



3

CALORIES



592 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup garlic minced
- ☐ 1.5 cups olive oil
- ☐ 4 large potatoes cubed peeled
- ☐ 3 servings salt to taste
- ☐ 0.3 cup distilled vinegar white

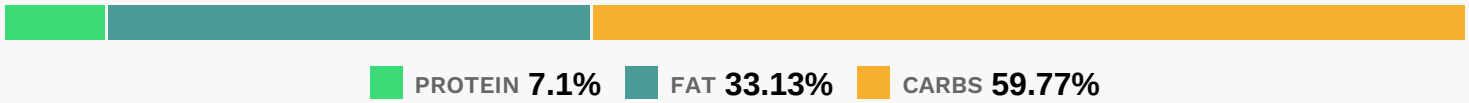
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potatoes in a saucepan and cover with lightly salted water. Bring to a boil over high heat, then reduce heat to medium-low and simmer until very tender, about 20 minutes.
- ☐ Drain and return to the saucepan.
- ☐ Mash together the potatoes, garlic, vinegar and olive oil with a potato masher or a large fork. Continue mixing until all ingredients are well blended. Season with salt to taste. This sauce can be served chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54.58, Glycemic Load:63.98, Inflammation Score:-7, Nutrition Score:26.424347679252%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 591.77kcal (29.59%), Fat: 22.1g (34%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 89.72g (29.91%), Net Carbohydrates: 78.65g (28.6%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 226.24mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Vitamin C: 100.46mg (121.77%), Vitamin B6: 1.59mg (79.6%), Potassium: 2117.59mg (60.5%), Manganese: 0.96mg (47.92%), Fiber: 11.06g (44.25%), Phosphorus: 298.91mg (29.89%), Magnesium: 116.28mg (29.07%), Copper: 0.57mg (28.35%), Vitamin B1: 0.42mg (27.75%), Vitamin B3: 5.26mg (26.33%), Iron: 4.16mg (23.12%), Vitamin K: 22.54µg (21.47%), Vitamin E: 3.17mg (21.12%), Folate: 79.06µg (19.76%), Vitamin B5: 1.52mg (15.24%), Zinc: 1.56mg (10.41%), Vitamin B2: 0.17mg (9.99%), Calcium: 81.59mg (8.16%), Selenium: 3.23µg (4.61%)