



Southwest Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chipotle chile canned chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 0.3 teaspoon salt

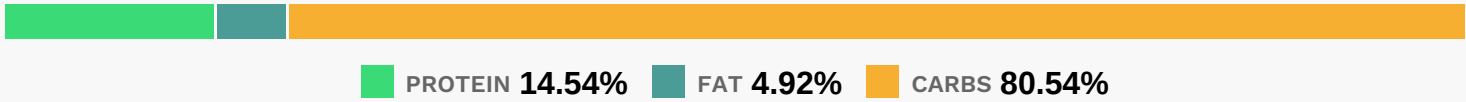
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Place potato pieces in a large microwave-safe bowl. Cover bowl with plastic wrap; cut a 1-inch slit in center of plastic wrap. Microwave at HIGH 10 minutes.
- ☐ Let stand for 2 minutes.
- ☐ Add yogurt and remaining ingredients to bowl; mash with a potato masher.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:24.21, Inflammation Score:-3, Nutrition Score:9.4521739560625%

Nutrients (% of daily need)

Calories: 170.14kcal (8.51%), Fat: 0.96g (1.47%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 32.54g (11.83%), Sugar: 4.92g (5.46%), Cholesterol: 3.13mg (1.04%), Sodium: 189.23mg (8.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin B6: 0.62mg (30.76%), Potassium: 834.31mg (23.84%), Phosphorus: 168.45mg (16.84%), Manganese: 0.31mg (15.28%), Vitamin C: 10.07mg (12.21%), Magnesium: 48.72mg (12.18%), Calcium: 117.99mg (11.8%), Vitamin B1: 0.17mg (11%), Fiber: 2.66g (10.65%), Vitamin B2: 0.17mg (9.75%), Iron: 1.7mg (9.43%), Copper: 0.19mg (9.29%), Vitamin B3: 1.83mg (9.15%), Vitamin B5: 0.81mg (8.14%), Folate: 29.07µg (7.27%), Zinc: 0.94mg (6.29%), Vitamin B12: 0.3µg (5.05%), Vitamin K: 3.58µg (3.41%), Selenium: 2.37µg (3.39%)