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Potato Spinach Mash ^{••}

Potato Spinach Mash is a delicious and nutritious side dish made with mashed potatoes and fresh spinach. It is a vegan recipe that can be enjoyed by everyone. The creamy texture of the mashed potatoes combined with the earthy flavor of the spinach makes it a perfect accompaniment to any meal. This recipe is easy to prepare and can be made in under 30 minutes.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

500 g	potatoes
200 g	spinach
1 tsp	salt
0.5 tsp	pepper

2 tbsp olive oil

2
cloves garlic

Directions

Step 1

Cutting

Peel and chop the potatoes into small cubes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Boiling

Boil the potatoes in a large pot of salted water until tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Sautéing

While the potatoes are cooking, heat olive oil in a skillet over medium heat. Add minced garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Sautéing

Add spinach to the skillet and cook until wilted.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Mashing

Drain the cooked potatoes and transfer them to a large mixing bowl. Mash the potatoes using a potato masher or a fork.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Mixing

Add the sautéed spinach and garlic to the mashed potatoes. Season with salt and pepper. Mix well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Potato Spinach Mash as a side dish with your favorite main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 149 kcal

Fat: 2 g

Protein: 5 g

Carbohydrates: 32 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	103 iu	11.44%	14.71%
Vitamin C	33 mg	36.67%	44%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	298 mg	12.96%	12.96%
Calcium	5 mg	0.5%	0.5%
Iron	14 mg	175%	77.78%
Potassium	780 mg	22.94%	30%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian American

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Course

Appetizers

Side Dishes

Salads

Snacks

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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