



Asiago-Pesto Mashed Potatoes

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups milk
- ☐ 1.5 cups water
- ☐ 0.3 cup butter
- ☐ 4.7 oz roasted garlic mashed
- ☐ 3 oz asiago cheese shredded
- ☐ 2 tablespoons basil pesto
- ☐ 2 tablespoons bell pepper red chopped

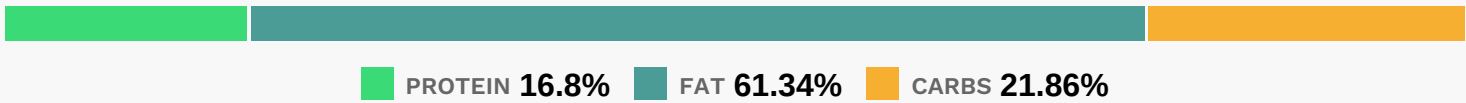
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat milk, water and margarine to boiling. Stir in contents of both pouches of potatoes (from potatoes box) just until moistened; let stand 1 minute. Stir with fork until smooth. Stir in cheese.
- ☐ Spoon potatoes into serving dish. Drop pesto onto top of potatoes; swirl with spoon. Top with bell pepper.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:4.03, Inflammation Score:-6, Nutrition Score:9.5639129488365%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 237.82kcal (11.89%), Fat: 16.5g (25.38%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 12.62g (4.59%), Sugar: 5.52g (6.13%), Cholesterol: 22.24mg (7.41%), Sodium: 408.51mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Calcium: 345.95mg (34.6%), Phosphorus: 238.01mg (23.8%), Manganese: 0.38mg (19.08%), Vitamin B6: 0.36mg (18.01%), Vitamin A: 813.59IU (16.27%), Vitamin C: 10.92mg (13.23%), Vitamin B2: 0.22mg (12.82%), Vitamin B12: 0.73µg (12.14%), Selenium: 8.28µg (11.82%), Vitamin D: 1.19µg (7.93%), Potassium: 265.1mg (7.57%), Vitamin B1: 0.11mg (7.3%), Zinc: 1.08mg (7.19%), Magnesium: 25.24mg (6.31%), Vitamin B5: 0.59mg (5.94%), Copper: 0.08mg (4.1%), Iron: 0.54mg (2.98%), Vitamin E: 0.44mg (2.95%), Fiber: 0.61g (2.45%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.08µg (1.02%)