



## Bacon and Blue Mashed Potato Bake

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

### Ingredients

- ☐ 4 pounds baking potatoes
- ☐ 0.3 cup butter melted
- ☐ 1.3 cups warm buttermilk
- ☐ 4 oz wedge cheese blue crumbled
- ☐ 8 slices bacon crumbled cooked
- ☐ 0.5 cup warm milk
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

☐ 2 teaspoons salt

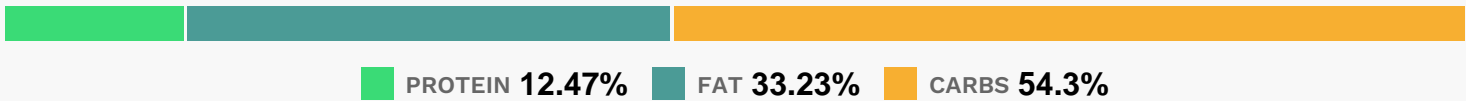
Equipment

- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Peel potatoes; cut into 2-inch pieces. Bring potatoes, 2 tsp. salt, and water to cover to a boil in a large Dutch oven over medium-high heat; boil 20 minutes or until tender.
- ☐ Drain. Return potatoes to Dutch oven, reduce heat to low, and cook, stirring occasionally, 3 to 5 minutes or until potatoes are dry.
- ☐ Mash potatoes with a potato masher to desired consistency. Stir in warm buttermilk, warm milk, melted butter, pepper, and 1 tsp. salt, stirring just until blended.
- ☐ Stir in blue cheese and bacon, and spoon the mixture into a lightly greased 2 1/2-qt. baking dish or 8 (10-oz.) ramekins.
- ☐ Bake at 350 for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:32.84, Glycemic Load:33.18, Inflammation Score:-5, Nutrition Score:13.030434784682%

Nutrients (% of daily need)

Calories: 316.35kcal (15.82%), Fat: 11.95g (18.38%), Saturated Fat: 7.5g (46.85%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 40.96g (14.89%), Sugar: 4.05g (4.5%), Cholesterol: 33.27mg (11.09%), Sodium: 1167.21mg (50.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.19%), Vitamin B6: 0.83mg (41.47%), Potassium: 1059.07mg (30.26%), Phosphorus: 228.77mg (22.88%), Manganese: 0.38mg (18.88%), Calcium: 169.01mg (16.9%), Vitamin C: 12.93mg (15.67%), Magnesium: 61.38mg (15.35%), Vitamin B1: 0.22mg (14.45%),

Vitamin B2: 0.22mg (12.77%), Vitamin B3: 2.55mg (12.73%), Copper: 0.25mg (12.56%), Fiber: 2.98g (11.92%), Vitamin B5: 1.14mg (11.37%), Iron: 2.03mg (11.26%), Folate: 38.96µg (9.74%), Zinc: 1.25mg (8.33%), Vitamin A: 374.96IU (7.5%), Vitamin B12: 0.44µg (7.33%), Selenium: 4.72µg (6.74%), Vitamin K: 5.28µg (5.03%), Vitamin D: 0.73µg (4.84%), Vitamin E: 0.26mg (1.72%)