



## Bacon and Cheddar Mashed Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

### Ingredients

- 2 applewood-smoked bacon cooked finely chopped
- 2.5 pounds baking potato peeled coarsely chopped
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup milk fat-free
- 0.3 cup green onions sliced
- 0.3 teaspoon kosher salt
- 2 ounces cheddar cheese shredded extra-sharp
- 0.5 cup cup heavy whipping cream fat-free sour

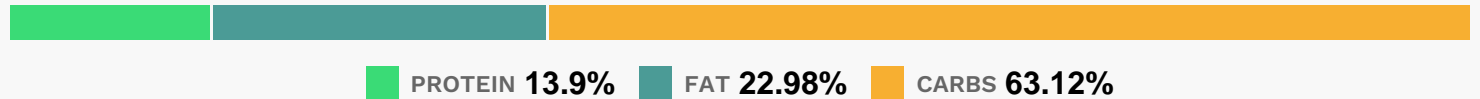
## Equipment

- frying pan
- sauce pan
- potato masher

## Directions

- Place potato in a large saucepan; cover with cold water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- Drain well; return potato to pan over medium-low heat.
- Add milk; mash potato mixture with a potato masher to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly.
- Remove from heat.
- Add cheese, and stir until cheese melts. Stir in sour cream, pepper, and salt. Top with green onions and bacon.

## Nutrition Facts



## Properties

Glycemic Index:34.83, Glycemic Load:27.36, Inflammation Score:-4, Nutrition Score:11.553478334261%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 241.76kcal (12.09%), Fat: 6.31g (9.7%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 36.34g (13.21%), Sugar: 2.44g (2.71%), Cholesterol: 16.63mg (5.54%), Sodium: 253.01mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Vitamin B6: 0.7mg (34.88%), Potassium: 886.3mg (25.32%), Phosphorus: 200.16mg (20.02%), Manganese: 0.33mg (16.47%), Calcium: 147.45mg (14.75%), Vitamin K: 15.4µg (14.67%), Vitamin C: 11.82mg (14.32%), Vitamin B1: 0.2mg (13.35%), Magnesium: 52.67mg (13.17%), Vitamin B3: 2.32mg (11.62%), Fiber: 2.64g (10.57%), Copper: 0.21mg (10.56%), Vitamin B2: 0.17mg (10.01%), Iron: 1.77mg (9.83%), Selenium: 6.37µg (9.1%), Folate: 34.54µg (8.64%), Zinc: 1.19mg (7.95%), Vitamin B5: 0.73mg (7.28%),

Vitamin B12: 0.31µg (5.21%), Vitamin A: 246.12IU (4.92%), Vitamin D: 0.31µg (2.07%), Vitamin E: 0.15mg (1.02%)