



Bacon and Cheddar Mashed Potatoes

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

210 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baking potato cubed peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 bacon crumbled cooked drained
- ☐ 0.5 cup green onions chopped
- ☐ 1 cup milk 2% reduced-fat
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded extra-sharp

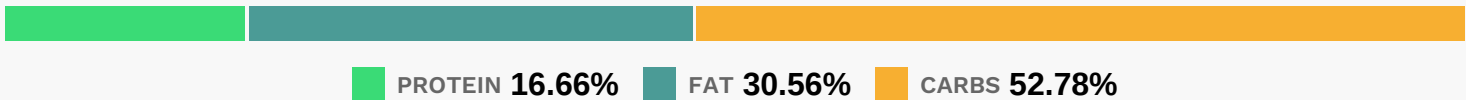
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain and return potato to pan.
- ☐ Add cheese and milk; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly.
- ☐ Add onions and remaining ingredients, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:20.35, Inflammation Score:-4, Nutrition Score:10.115217309931%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 209.68kcal (10.48%), Fat: 7.25g (11.16%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 26.16g (9.51%), Sugar: 2.57g (2.86%), Cholesterol: 21.54mg (7.18%), Sodium: 329.71mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Vitamin B6: 0.54mg (26.81%), Potassium: 688.56mg (19.67%), Phosphorus: 190.18mg (19.02%), Calcium: 163.86mg (16.39%), Vitamin K: 16.11µg (15.34%), Manganese: 0.26mg (12.76%), Vitamin C: 9.34mg (11.32%), Vitamin B2: 0.18mg (10.7%), Selenium: 7.48µg (10.69%), Magnesium: 42.68mg (10.67%), Vitamin B1: 0.16mg (10.6%), Vitamin B3: 1.96mg (9.79%), Zinc: 1.24mg (8.24%), Copper: 0.16mg (8.2%), Fiber: 2.04g (8.15%), Iron: 1.39mg (7.74%), Folate: 28.65µg (7.16%), Vitamin B5: 0.64mg (6.41%), Vitamin B12: 0.36µg (6.05%), Vitamin A: 247.85IU (4.96%), Vitamin E: 0.19mg (1.27%)