



Bacon and Cheddar Smashed Potatoes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh minced
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 ounce cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 slice bacon crumbled cooked

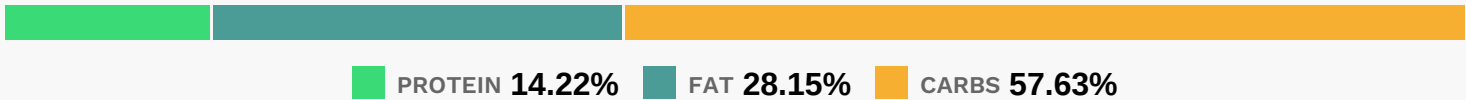
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Place potato pieces in a large microwave-safe bowl. Cover bowl with plastic wrap; cut a 1-inch slit in center of plastic wrap. Microwave at HIGH 10 minutes.
- ☐ Let stand for 2 minutes.
- ☐ Add sour cream and remaining ingredients to bowl; mash with a potato masher to desired consistency.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:24.22, Inflammation Score:-4, Nutrition Score:10.44347813855%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 237.03kcal (11.85%), Fat: 7.55g (11.62%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 32.47g (11.81%), Sugar: 2.65g (2.94%), Cholesterol: 18.97mg (6.32%), Sodium: 292.26mg (12.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Vitamin B6: 0.64mg (32.01%), Potassium: 847.45mg (24.21%), Phosphorus: 192.88mg (19.29%), Manganese: 0.31mg (15.36%), Calcium: 132.26mg (13.23%), Vitamin C: 10.83mg (13.12%), Vitamin B1: 0.19mg (13%), Magnesium: 48.81mg (12.2%), Vitamin B3: 2.19mg (10.96%), Copper: 0.19mg (9.56%), Fiber: 2.31g (9.25%), Vitamin B2: 0.16mg (9.24%), Iron: 1.6mg (8.88%), Folate: 29.96µg (7.49%), Selenium: 5.05µg (7.22%), Vitamin B5: 0.69mg (6.9%), Zinc: 1.01mg (6.74%), Vitamin K: 6.88µg (6.55%), Vitamin B12: 0.38µg (6.34%), Vitamin A: 238.48IU (4.77%), Vitamin D: 0.43µg (2.83%), Vitamin E: 0.16mg (1.05%)