



Bacon-Spinach Mashed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



149 kcal

SIDE DISH

Ingredients

- 9 oz baby spinach leaves
- 5 slices oscar mayer bacon
- 8 oz philadelphia chive & onion cream cheese spread
- 3 cloves garlic minced
- 2 lb yukon gold potatoes peeled cut into chunks (6)

Equipment

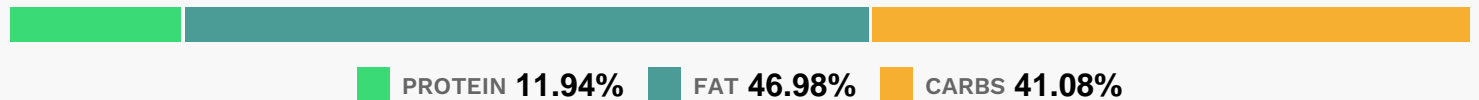
- frying pan
- paper towels

sauce pan

Directions

- Cook potatoes in boiling water in large saucepan 15 to 20 min. or until tender.
- Meanwhile, cook bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add garlic to drippings in skillet; cook 2 min., stirring frequently.
- Add spinach; cook and stir 1 to 2 min. or just until spinach is wilted.
- Remove from heat. Crumble bacon; stir into spinach mixture.
- Drain potatoes; return to pan.
- Add cream cheese spread; mash potato mixture. Stir in spinach mixture.

Nutrition Facts



Properties

Glycemic Index:12.15, Glycemic Load:9.84, Inflammation Score:-9, Nutrition Score:13.010869678596%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 149.32kcal (7.47%), Fat: 7.89g (12.14%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 13.37g (4.86%), Sugar: 1.27g (1.41%), Cholesterol: 17.77mg (5.92%), Sodium: 169.84mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin K: 104.15µg (99.19%), Vitamin A: 2178.27IU (43.57%), Vitamin C: 21.1mg (25.58%), Manganese: 0.32mg (16%), Vitamin B6: 0.3mg (14.91%), Folate: 53.37µg (13.34%), Potassium: 458.07mg (13.09%), Magnesium: 35.47mg (8.87%), Fiber: 2.15g (8.59%), Vitamin B1: 0.1mg (6.92%), Phosphorus: 67.86mg (6.79%), Iron: 1.22mg (6.76%), Vitamin B3: 1.32mg (6.62%), Copper: 0.12mg (5.77%), Calcium: 54.62mg (5.46%), Vitamin B2: 0.07mg (4.27%), Selenium: 2.39µg (3.41%), Vitamin E: 0.48mg (3.19%), Zinc: 0.45mg (2.99%), Vitamin B5: 0.29mg (2.93%)