



Baked Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



12

CALORIES



291 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 8 ounce cream cheese softened
- 1 eggs
- 0.3 cup milk
- 1 onion grated
- 12 servings salt and pepper to taste
- 5 pounds yukon gold potatoes cubed peeled

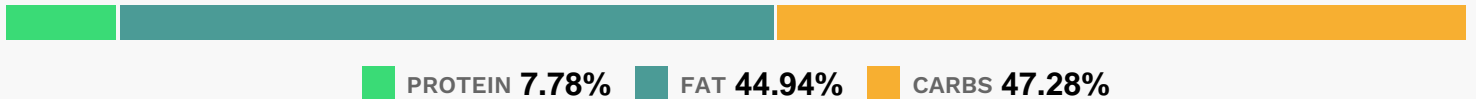
Equipment

- bowl
- oven
- pot
- hand mixer
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add potatoes, and cook until tender but firm, about 15 minutes; drain.
- In a large bowl, mash potatoes with the butter and milk. With a hand mixer, beat in cream cheese and onion. In a small bowl, beat the egg with a little bit of the mashed potatoes. Stir into potatoes, and season with salt and pepper.
- Transfer to a 2 quart casserole dish.
- Bake 1 hour in the preheated oven, or until puffy and lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:24.73, Inflammation Score:-6, Nutrition Score:11.287391325702%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 291.45kcal (14.57%), Fat: 14.86g (22.87%), Saturated Fat: 8.94g (55.89%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 30.87g (11.23%), Sugar: 2.84g (3.15%), Cholesterol: 53.67mg (17.89%), Sodium: 332.8mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin C: 37.91mg (45.95%), Vitamin B6: 0.59mg (29.44%), Potassium: 849mg (24.26%), Fiber: 4.31g (17.26%), Manganese: 0.3mg (15.24%), Phosphorus: 145.27mg (14.53%), Magnesium: 47.33mg (11.83%), Vitamin B1: 0.16mg (10.97%), Copper: 0.21mg (10.7%), Vitamin A: 522.18IU (10.44%), Vitamin B3: 2.03mg (10.16%), Folate: 35.69µg (8.92%), Iron: 1.58mg (8.79%), Vitamin B2: 0.13mg

(7.85%), Vitamin B5: 0.76mg (7.64%), Calcium: 53.82mg (5.38%), Selenium: 3.56µg (5.08%), Zinc: 0.74mg (4.9%),
Vitamin K: 4.71µg (4.49%), Vitamin E: 0.44mg (2.96%), Vitamin B12: 0.12µg (1.96%)