



HEALTH SCORE

14%

Baked Sweet-and-Savory Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

Ingredients

- 8 servings oz. bacon into pieces crumbled
- 3.5 pounds baking potatoes peeled cut into 1-inch pieces
- 0.7 cup chicken broth
- 6 bacon crumbled cooked
- 0.5 teaspoon pepper
- 1 tablespoon salt divided
- 0.8 cup cream light sour
- 29 ounce sweet potatoes and into mashed drained canned

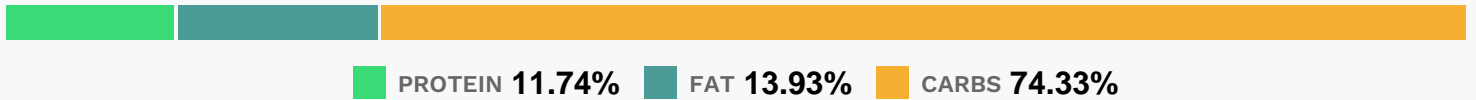
Equipment

- oven
- baking pan
- potato masher
- dutch oven

Directions

- Bring potatoes, 1 teaspoon salt, and water to cover to a boil in a Dutch oven; cook 30 minutes or until tender.
- Drain.
- Return potatoes to Dutch oven.
- Add sweet potatoes and cream cheese; mash until smooth with a potato masher. Stir in bacon, next 3 ingredients, and remaining 2 teaspoons salt. Spoon mixture into a lightly greased 11- x 7-inch baking dish.
- Bake, uncovered, at 350 for 20 minutes.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:38.42, Inflammation Score:-10, Nutrition Score:18.729130545388%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 307.62kcal (15.38%), Fat: 4.86g (7.48%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 58.34g (19.45%), Net Carbohydrates: 52.64g (19.14%), Sugar: 5.66g (6.29%), Cholesterol: 15.31mg (5.1%), Sodium: 1159.88mg

(50.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.43%), Vitamin A: 14655.56IU (293.11%), Vitamin B6: 0.94mg (46.81%), Potassium: 1254.87mg (35.85%), Manganese: 0.61mg (30.26%), Fiber: 5.69g (22.78%), Phosphorus: 197.02mg (19.7%), Vitamin B1: 0.29mg (19.29%), Magnesium: 75.78mg (18.95%), Copper: 0.37mg (18.73%), Vitamin C: 13.97mg (16.94%), Vitamin B3: 3.32mg (16.58%), Vitamin B5: 1.49mg (14.9%), Iron: 2.44mg (13.55%), Vitamin B2: 0.18mg (10.57%), Folate: 41.48µg (10.37%), Calcium: 89.57mg (8.96%), Zinc: 1.19mg (7.95%), Selenium: 5.21µg (7.44%), Vitamin K: 5.73µg (5.46%), Vitamin B12: 0.16µg (2.66%), Vitamin E: 0.39mg (2.57%)