



Blue Cheese and Black Pepper Potatoes

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces cheese blue crumbled
- ☐ 0.3 cup butter cut into pieces
- ☐ 48 oz potatoes refrigerated with bob evans* mashed
- ☐ 0.3 teaspoon salt

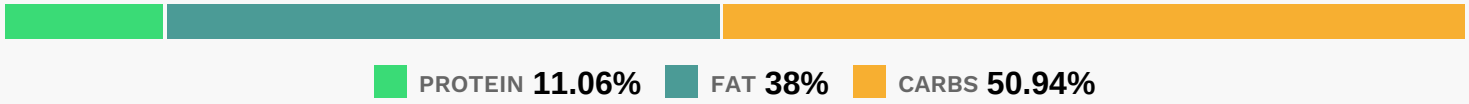
Equipment

- ☐ sauce pan

Directions

- ☐
- Heat potatoes in a large saucepan over medium heat, stirring often, 6 to 8 minutes.
- ☐
- Add blue cheese, butter, salt, and pepper, stirring just until butter is melted.
- ☐
- *Look for this brand of mashed potatoes in the meat department of your grocery store.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:17.48, Inflammation Score:-4, Nutrition Score:8.1965218626935%

Flavonoids

Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 185.62kcal (9.28%), Fat: 7.98g (12.28%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 21.07g (7.66%), Sugar: 1.12g (1.25%), Cholesterol: 20.71mg (6.9%), Sodium: 233.21mg (10.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin C: 26.81mg (32.49%), Vitamin B6: 0.42mg (21.03%), Potassium: 603.96mg (17.26%), Phosphorus: 122.89mg (12.29%), Fiber: 3.01g (12.03%), Manganese: 0.22mg (10.79%), Magnesium: 34.11mg (8.53%), Calcium: 77.82mg (7.78%), Vitamin B3: 1.55mg (7.76%), Copper: 0.15mg (7.61%), Vitamin B1: 0.11mg (7.5%), Folate: 26.03µg (6.51%), Iron: 1.1mg (6.13%), Vitamin B5: 0.61mg (6.06%), Vitamin B2: 0.09mg (5.23%), Zinc: 0.7mg (4.68%), Vitamin A: 231.34IU (4.63%), Vitamin K: 3.34µg (3.18%), Selenium: 2.11µg (3.02%), Vitamin B12: 0.15µg (2.47%), Vitamin E: 0.17mg (1.16%)