



Bonus Market-Find : Cheeseburger Mashed Potato Parfaits

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



135 kcal

Ingredients

- 2 slices processed cheese food fat-free
- 4 dill pickle
- 4 teaspoons catsup
- 2 meatless patties frozen with 100 calories each hamburger-style
- 0.3 cup onion chopped
- 0.3 teaspoon onion powder
- 1.3 cups potatoes instant mashed
- 0.3 teaspoon salt

- 0.3 cup cream fat-free sour
- 0.5 cup tomatoes chopped

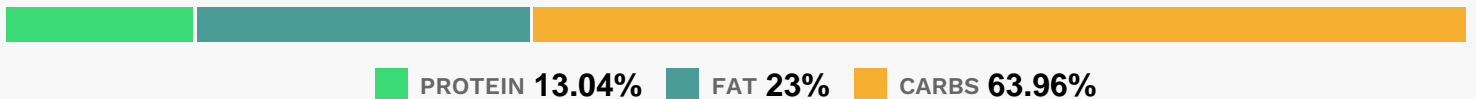
Equipment

- bowl
- frying pan
- stove
- microwave

Directions

- In a large microwave-safe bowl, combine potato flakes, onion powder, salt, and 2 1/3 cups of water. Stir until completely moistened. Cover the bowl and microwave for 4 minutes, or until hot.
- Once cool enough to handle, add sour cream and stir until blended and smooth. Re-cover the bowl to keep it hot and set it aside.
- Prepare burger patties on the stove in a skillet sprayed with nonstick spray or on a microwave-safe plate in the microwave. (Refer to the package instructions for the exact temperature and cook time.) Once cool enough to handle, chop well. Set aside.
- Scoop about 1/3 cup of potatoes into each of 4 parfait glasses. Evenly distribute the chopped burger patties among the glasses, followed by the cheese pieces.
- Evenly distribute the remaining mashed potatoes among the glasses, followed by the tomatoes and onion. Top each with 1 teaspoon of ketchup and a pickle chip. Enjoy!

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:11.532173935486%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg,

Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 135.11kcal (6.76%), Fat: 3.54g (5.45%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 20.34g (7.4%), Sugar: 3.05g (3.39%), Cholesterol: 11.79mg (3.93%), Sodium: 468.62mg (20.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin B1: 1.8mg (119.99%), Vitamin C: 19.87mg (24.09%), Vitamin B6: 0.39mg (19.68%), Calcium: 142.36mg (14.24%), Phosphorus: 122.35mg (12.24%), Vitamin B12: 0.66µg (11.02%), Vitamin B2: 0.17mg (9.75%), Potassium: 335.48mg (9.59%), Selenium: 5.67µg (8.09%), Vitamin B3: 1.47mg (7.36%), Fiber: 1.83g (7.32%), Vitamin A: 331.89IU (6.64%), Magnesium: 21.7mg (5.43%), Vitamin B5: 0.49mg (4.94%), Vitamin K: 4.86µg (4.62%), Folate: 17.41µg (4.35%), Manganese: 0.08mg (4.04%), Zinc: 0.54mg (3.62%), Copper: 0.06mg (3.06%), Iron: 0.52mg (2.91%), Vitamin E: 0.27mg (1.83%)