



Carnation® Creamy Cheesy Mashed Potatoes

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.8 cup nestle® carnation® evaporated milk
- 0.1 teaspoon ground pepper black to taste
- 2 pounds potatoes peeled cut into 1-inch chunks
- 0.1 teaspoon salt to taste
- 1 cup cheddar cheese shredded

Equipment

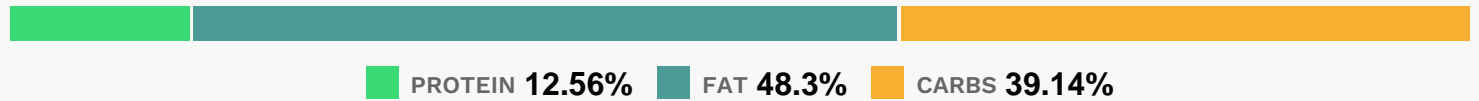
- sauce pan

blender

Directions

- PLACE potatoes in large saucepan. Cover with water; bring to a boil. Cook over medium-high heat for 15 to 20 minutes or until tender; drain.
- RETURN potatoes to saucepan; add evaporated milk and butter. Beat with hand-held mixer until smooth. Stir in cheese. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:19.47, Inflammation Score:-6, Nutrition Score:11.82739122795%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 303.9kcal (15.19%), Fat: 16.54g (25.44%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 26.81g (9.75%), Sugar: 4.4g (4.89%), Cholesterol: 27.97mg (9.32%), Sodium: 303.28mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.35%), Vitamin C: 30.4mg (36.85%), Phosphorus: 238.63mg (23.86%), Vitamin B6: 0.48mg (23.79%), Calcium: 236.56mg (23.66%), Potassium: 751.02mg (21.46%), Vitamin B2: 0.23mg (13.8%), Fiber: 3.34g (13.35%), Vitamin A: 605.57IU (12.11%), Manganese: 0.24mg (12.03%), Magnesium: 47.78mg (11.94%), Vitamin B1: 0.14mg (9.48%), Selenium: 6.51µg (9.3%), Zinc: 1.37mg (9.15%), Copper: 0.18mg (8.76%), Vitamin B3: 1.67mg (8.34%), Folate: 30.77µg (7.69%), Vitamin B5: 0.73mg (7.35%), Iron: 1.27mg (7.08%), Vitamin B12: 0.26µg (4.32%), Vitamin K: 3.58µg (3.41%), Vitamin E: 0.5mg (3.34%)