



## Carnation® Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup nestle® carnation® evaporated milk
- ☐ 2 pounds potatoes
- ☐ 6 servings salt and pepper to taste

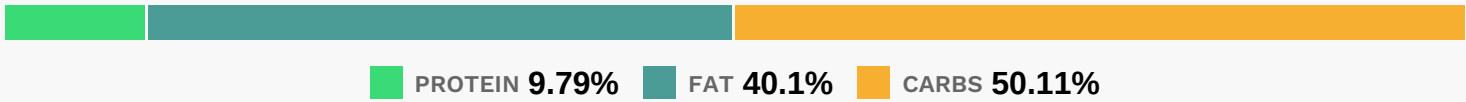
### Equipment

- ☐ 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. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:13.96, Glycemic Load:19.34, Inflammation Score:-5, Nutrition Score:10.021304370269%

## 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: 241.13kcal (12.06%), Fat: 10.93g (16.81%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 27.39g (9.96%), Sugar: 5.4g (6%), Cholesterol: 12.18mg (4.06%), Sodium: 336.57mg (14.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin C: 30.6mg (37.09%), Vitamin B6: 0.47mg (23.39%), Potassium: 767.81mg (21.94%), Phosphorus: 173.62mg (17.36%), Fiber: 3.33g (13.31%), Calcium: 130.72mg (13.07%), Manganese: 0.23mg (11.72%), Magnesium: 45.14mg (11.29%), Vitamin B2: 0.18mg (10.86%), Vitamin B1: 0.14mg (9.44%), Vitamin A: 441.73IU (8.83%), Copper: 0.17mg (8.51%), Vitamin B3: 1.68mg (8.39%), Vitamin B5: 0.72mg (7.23%), Iron: 1.26mg (7%), Folate: 27.65µg (6.91%), Zinc: 0.76mg (5.08%), Vitamin K: 3.12µg (2.98%), Vitamin E: 0.38mg (2.5%), Selenium: 1.42µg (2.03%), Vitamin B12: 0.08µg (1.28%)