



Cheddar Mashed Potatoes with Sage



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.1 teaspoon garlic powder
- ☐ 1.3 cups milk 1% low-fat
- ☐ 11 ounces potatoes frozen mashed
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

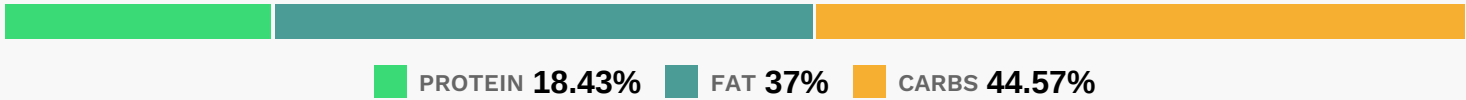
Equipment

☐ sauce pan

Directions

- ☐ Cook milk in a medium saucepan over medium-high heat until hot.
- ☐ Add potatoes, and cook, stirring constantly, 3 to 4 minutes or until thoroughly heated.
- ☐ Reduce heat to low; add cheese and remaining ingredients. Cook 1 to 2 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.55, Glycemic Load:8.06, Inflammation Score:-3, Nutrition Score:6.5530434795048%

Flavonoids

Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 127.22kcal (6.36%), Fat: 5.29g (8.13%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 12.93g (4.7%), Sugar: 3.45g (3.84%), Cholesterol: 16.44mg (5.48%), Sodium: 223.67mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Calcium: 162.67mg (16.27%), Vitamin C: 12.29mg (14.9%), Phosphorus: 148.89mg (14.89%), Vitamin B6: 0.23mg (11.44%), Potassium: 366.99mg (10.49%), Vitamin B2: 0.15mg (9.01%), Vitamin B12: 0.48µg (8.03%), Selenium: 4.67µg (6.67%), Magnesium: 24.67mg (6.17%), Vitamin B1: 0.09mg (5.82%), Zinc: 0.86mg (5.7%), Fiber: 1.39g (5.57%), Manganese: 0.11mg (5.29%), Vitamin A: 256.07IU (5.12%), Vitamin D: 0.72µg (4.78%), Vitamin B5: 0.45mg (4.47%), Vitamin B3: 0.73mg (3.66%), Copper: 0.07mg (3.64%), Folate: 13.63µg (3.41%), Iron: 0.52mg (2.87%), Vitamin K: 1.75µg (1.67%)