



## Cheese-and-Carrot Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 1 lb baby carrots
- 1 tablespoon butter
- 1 tablespoon thyme sprigs fresh
- 0.3 teaspoon pepper
- 2.5 cups milk
- 22 oz potatoes frozen mashed
- 1 teaspoon salt
- 4 oz cheddar cheese shredded

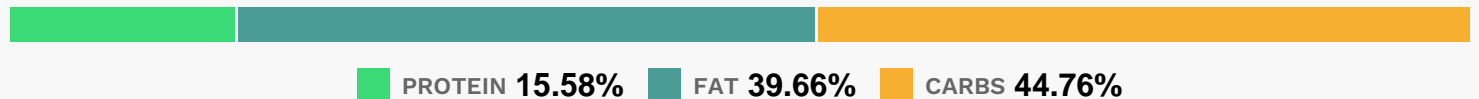
## Equipment

- bowl
- plastic wrap
- potato masher
- microwave

## Directions

- Place carrots and 1/4 cup water in a large microwave-safe bowl. Cover tightly with plastic wrap; fold back a small edge to allow steam to escape. Microwave at HIGH 8 to 10 minutes or until carrots are tender.
- Drain.
- Stir in butter. Coarsely mash carrots with a potato masher.
- Prepare potatoes according to package directions, using 2 1/2 cups milk. Stir in cheese, next 3 ingredients, and carrot mixture until well blended.
- Note: For testing purposes only, we used Ore-Ida Frozen Mashed Potatoes. Do not use refrigerated mashed potatoes.

## Nutrition Facts



## Properties

Glycemic Index:34.47, Glycemic Load:11.47, Inflammation Score:-10, Nutrition Score:14.507826120957%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 197.05kcal (9.85%), Fat: 8.84g (13.6%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 18.96g (6.89%), Sugar: 7.02g (7.8%), Cholesterol: 27.09mg (9.03%), Sodium: 472.61mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Vitamin A: 8171.56IU (163.43%), Calcium: 225.92mg (22.59%), Vitamin C: 18.23mg (22.1%), Phosphorus: 203.69mg (20.37%), Vitamin B6: 0.35mg (17.45%),

Potassium: 594.52mg (16.99%), Fiber: 3.5g (13.99%), Vitamin B2: 0.22mg (12.82%), Manganese: 0.23mg (11.66%), Magnesium: 38.13mg (9.53%), Vitamin B12: 0.56µg (9.42%), Selenium: 6.23µg (8.89%), Vitamin B1: 0.13mg (8.45%), Vitamin B5: 0.81mg (8.07%), Zinc: 1.17mg (7.83%), Folate: 31.22µg (7.8%), Copper: 0.15mg (7.61%), Vitamin K: 7.6µg (7.24%), Iron: 1.3mg (7.21%), Vitamin B3: 1.24mg (6.21%), Vitamin D: 0.92µg (6.16%), Vitamin E: 0.19mg (1.29%)