



## Cheese & chive mash with bacon

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

### Ingredients

- 1 kg potatoes cut into similar-sized chunks
- 4 bacon chopped
- 100 ml milk
- 100 g cheddar cheese grated
- 1 pinch nutmeg grated
- 1 small bunch chives finely chopped

### Equipment

- frying pan

## Directions

- Put the potatoes in a large pan of salted water, bring to the boil and simmer for 15 mins or until completely tender.
- Drain well. Meanwhile, fry the bacon until crisp.
- Mash the potatoes until smooth, then stir through the milk, cheese, nutmeg, bacon pieces and half the chives. Season, then sprinkle over the remaining chives to serve.

## Nutrition Facts



## Properties

Glycemic Index:65.94, Glycemic Load:32.65, Inflammation Score:-6, Nutrition Score:17.847826066224%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## Nutrients (% of daily need)

Calories: 403.32kcal (20.17%), Fat: 18.38g (28.28%), Saturated Fat: 8.34g (52.1%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 40.36g (14.68%), Sugar: 3.36g (3.74%), Cholesterol: 42.61mg (14.2%), Sodium: 334.01mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.09%), Vitamin C: 49.84mg (60.41%), Vitamin B6: 0.83mg (41.54%), Potassium: 1157.82mg (33.08%), Phosphorus: 315.83mg (31.58%), Calcium: 240.94mg (24.09%), Fiber: 5.58g (22.31%), Manganese: 0.4mg (19.97%), Vitamin B1: 0.28mg (18.94%), Selenium: 12.75µg (18.21%), Vitamin B3: 3.57mg (17.85%), Magnesium: 70.86mg (17.72%), Copper: 0.29mg (14.59%), Vitamin B2: 0.24mg (14.41%), Zinc: 2.02mg (13.46%), Iron: 2.1mg (11.69%), Folate: 46.49µg (11.62%), Vitamin B5: 1.06mg (10.65%), Vitamin B12: 0.51µg (8.57%), Vitamin K: 7.56µg (7.2%), Vitamin A: 349.19IU (6.98%), Vitamin D: 0.52µg (3.48%), Vitamin E: 0.32mg (2.15%)