



WHATSheATE



## Cheesy Beer Mashed Potatoes

READY IN



30 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

### Ingredients

- ☐ 1 lb yukon gold potatoes peeled cut into fourths
- ☐ 2 cloves garlic clove unpeeled
- ☐ 0.5 cup beer light
- ☐ 2 tablespoons butter melted
- ☐ 1 oz pizza cheese shredded
- ☐ 3 tablespoons cream sour
- ☐ 3 slices bacon crumbled cooked
- ☐ 1 serving salt and pepper

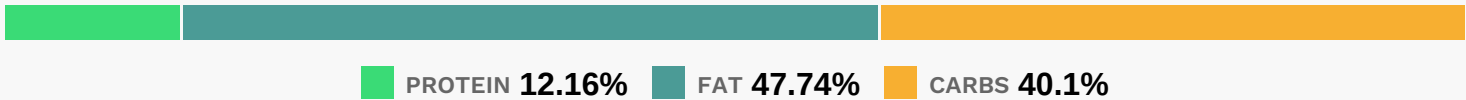
# Equipment

- ☐ frying pan
- ☐ sauce pan

# Directions

- ☐ In 3-quart saucepan, place potatoes and garlic; add enough water (salted if desired) to cover.
- ☐ Heat to boiling. Reduce heat to medium-low; cover loosely and boil gently 15 to 20 minutes or until potatoes are tender.
- ☐ Drain; shake pan with potatoes over low heat to dry.
- ☐ Mash potatoes and garlic until no lumps remain.
- ☐ Add beer in small amounts, beating after each addition.
- ☐ Add remaining ingredients. Mash vigorously until potatoes are light and fluffy.

# Nutrition Facts



# Properties

Glycemic Index:40.94, Glycemic Load:14.64, Inflammation Score:-4, Nutrition Score:7.4269564423872%

# Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

# Nutrients (% of daily need)

Calories: 216.95kcal (10.85%), Fat: 11.41g (17.55%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 19.04g (6.92%), Sugar: 1.24g (1.37%), Cholesterol: 27.72mg (9.24%), Sodium: 218.75mg (9.51%), Alcohol: 0.91g (100%), Alcohol %: 0.67% (100%), Protein: 6.54g (13.08%), Vitamin C: 22.89mg (27.74%), Vitamin B6: 0.4mg (19.96%), Potassium: 532.5mg (15.21%), Phosphorus: 102.27mg (10.23%), Manganese: 0.2mg (10.14%), Fiber: 2.53g (10.11%), Vitamin B3: 1.96mg (9.81%), Vitamin B1: 0.13mg (8.73%), Magnesium: 30.83mg (7.71%), Copper: 0.14mg (6.83%), Selenium: 4.12µg (5.88%), Iron: 0.98mg (5.47%), Folate: 20.71µg (5.18%), Vitamin A: 235.62IU (4.71%), Vitamin B5: 0.46mg (4.58%), Vitamin B2: 0.07mg (4.34%), Calcium: 43.14mg (4.31%), Zinc: 0.57mg (3.79%), Vitamin K: 2.81µg (2.67%), Vitamin B12: 0.1µg (1.7%), Vitamin E: 0.23mg (1.56%)