



Cheesy Broccoli Mashed Potatoes

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 2 cups water
- ☐ 3 tablespoons butter
- ☐ 12 oz broccoli frozen
- ☐ 0.8 cup milk
- ☐ 4.7 oz potatoes mashed
- ☐ 2 oz cheddar cheese shredded
- ☐ 0.5 cup fried onions french

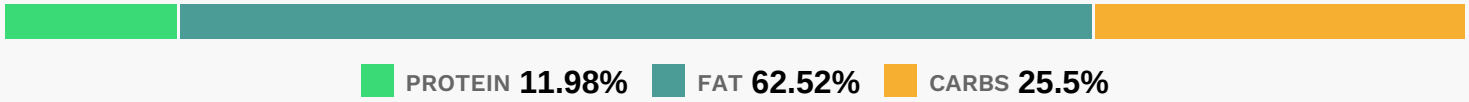
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat water and butter to boiling; add broccoli. Reduce heat to medium.
- ☐ Cook uncovered 4 to 5 minutes or until broccoli is tender; remove from heat. Stir in milk, potatoes and the cheese.
- ☐ Let stand one minute; stir. Top with onions.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:5.8439130783081%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 86.36kcal (4.32%), Fat: 6.16g (9.48%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.32g (1.46%), Cholesterol: 6.55mg (2.18%), Sodium: 101.13mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin C: 27.48mg (33.31%), Vitamin K: 29.29µg (27.89%), Vitamin A: 374.08IU (7.48%), Calcium: 69.05mg (6.91%), Phosphorus: 62.89mg (6.29%), Folate: 20.66µg (5.17%), Vitamin B6: 0.1mg (4.76%), Vitamin B2: 0.08mg (4.7%), Potassium: 164.31mg (4.69%), Fiber: 0.98g (3.93%), Manganese: 0.08mg (3.88%), Selenium: 2.37µg (3.38%), Magnesium: 12.11mg (3.03%), Vitamin B5: 0.27mg (2.75%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.39mg (2.59%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.14µg (2.27%), Copper: 0.03mg (1.7%), Iron: 0.3mg (1.67%), Vitamin B3: 0.32mg (1.59%), Vitamin D: 0.2µg (1.31%)