



## Cheesy & Easy Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



30 kcal

SIDE DISH

### Ingredients

- 1 green onion thinly sliced
- 0.3 cup milk
- 2 lb yukon gold potatoes cubed unpeeled ( 5 medium)
- 2 oz velveeta®
- 2 oz velveeta®

### Equipment

- sauce pan

## Directions

- Place potatoes in large saucepan.
- Add enough water to completely cover potatoes. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer 15 min. or until potatoes are tender.
- Drain potatoes; return to saucepan.
- Mash potatoes until light and fluffy, gradually adding milk alternately with the VELVEETA.
- Sprinkle with the onions.

## Nutrition Facts

**PROTEIN 10.87%** **FAT 3.32%** **CARBS 85.81%**

## Properties

Glycemic Index:6.15, Glycemic Load:4.69, Inflammation Score:-1, Nutrition Score:1.9343478525786%

## Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 29.56kcal (1.48%), Fat: 0.11g (0.17%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.68g (2.06%), Sugar: 0.41g (0.46%), Cholesterol: 0.29mg (0.1%), Sodium: 3.18mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 7.24mg (8.77%), Vitamin B6: 0.11mg (5.44%), Potassium: 157.75mg (4.51%), Fiber: 0.81g (3.24%), Manganese: 0.06mg (2.82%), Phosphorus: 23.33mg (2.33%), Magnesium: 8.73mg (2.18%), Vitamin B1: 0.03mg (2.04%), Copper: 0.04mg (1.98%), Vitamin B3: 0.39mg (1.94%), Vitamin K: 1.69µg (1.61%), Iron: 0.29mg (1.61%), Folate: 6.11µg (1.53%), Vitamin B5: 0.12mg (1.17%)