



Cheesy Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



36 kcal

SIDE DISH

Ingredients

- 1 cup cheez whiz cheese dip
- 1 Tbsp green onions sliced
- 2 Tbsp milk
- 0.3 cup oscar mayer real bacon bits
- 1.5 lb potatoes red peeled (5)

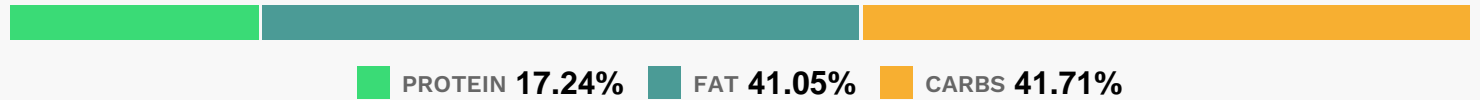
Equipment

- sauce pan

Directions

- Cook potatoes in large saucepan of boiling water 20 min. or until tender.
- Drain potatoes; return to saucepan.
- Add CHEEZ WHIZ and milk; mash to desired consistency.
- Add remaining ingredients; mix well.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.3404347741086%

Flavonoids

Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 35.72kcal (1.79%), Fat: 1.65g (2.53%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.75g (0.83%), Cholesterol: 6.33mg (2.11%), Sodium: 138.79mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Phosphorus: 67.27mg (6.73%), Potassium: 106.43mg (3.04%), Calcium: 27.39mg (2.74%), Vitamin C: 1.73mg (2.1%), Vitamin B6: 0.03mg (1.68%), Fiber: 0.36g (1.42%), Manganese: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.39%), Copper: 0.03mg (1.31%), Zinc: 0.18mg (1.19%), Vitamin B3: 0.23mg (1.13%), Magnesium: 4.41mg (1.1%), Vitamin B1: 0.02mg (1.09%)