



Cheesy Mashed Potatoes



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 4 large baking potatoes peeled cut into 2-inch chunks
- ☐ 0.5 cup butter
- ☐ 1 tablespoon dill weed dried
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 8 ounce cup heavy whipping cream sour

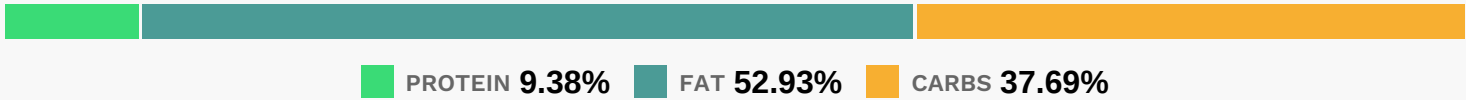
Equipment

- ☐ food processor
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- ☐ Transfer the potatoes to a food processor.
- ☐ Add 8 ounces Cheddar cheese, milk, sour cream, butter, dill weed, salt, and pepper. Process until smooth.
- ☐ Pour mixture into the prepared baking pan.
- ☐ Sprinkle with the remaining Cheddar cheese, then cover with aluminum foil
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Remove foil and continue baking until the cheese is lightly browned, 15 to 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:19.31, Glycemic Load:17.93, Inflammation Score:-4, Nutrition Score:8.09999999305476%

Nutrients (% of daily need)

Calories: 254.21kcal (12.71%), Fat: 15.32g (23.56%), Saturated Fat: 9g (56.24%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 22.86g (8.31%), Sugar: 2.42g (2.69%), Cholesterol: 43.38mg (14.46%), Sodium: 336.7mg (14.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin B6: 0.46mg (22.8%), Potassium: 587.11mg

(16.77%), Phosphorus: 149.72mg (14.97%), Calcium: 134.49mg (13.45%), Manganese: 0.23mg (11.43%), Vitamin A: 498.5IU (9.97%), Magnesium: 36.78mg (9.19%), Vitamin C: 7.31mg (8.86%), Vitamin B2: 0.15mg (8.61%), Vitamin B1: 0.12mg (8.03%), Copper: 0.14mg (6.85%), Iron: 1.23mg (6.82%), Fiber: 1.68g (6.7%), Vitamin B3: 1.33mg (6.65%), Selenium: 4.36µg (6.22%), Zinc: 0.87mg (5.79%), Vitamin B5: 0.56mg (5.61%), Folate: 20.65µg (5.16%), Vitamin B12: 0.27µg (4.43%), Vitamin K: 3.72µg (3.54%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.28µg (1.87%)