



Cheesy Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 ounce spiced gournay cheese product
- ☐ 0.7 cup half-and-half
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds yukon gold potatoes cubed peeled

Equipment

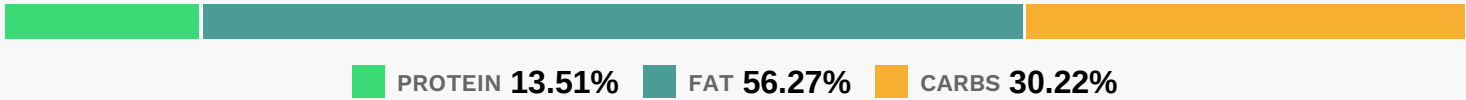
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Bring potato and water to cover to a boil in a large saucepan; reduce heat, and cook 15 to 20 minutes or until tender.
- ☐ Drain and return to saucepan. Cook over medium heat 30 seconds.
- ☐ Remove from heat.
- ☐ Add cheese and next 4 ingredients; beat at medium speed with an electric mixer until smooth. Spoon into a 2 1/2-quart baking dish.
- ☐ Bake at 350 for 15 minutes.
- ☐ *Note: For testing purposes only, we used Boursin cheese.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:19.6, Inflammation Score:-7, Nutrition Score:13.383912988331%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 374.08kcal (18.7%), Fat: 23.7g (36.46%), Saturated Fat: 10.77g (67.3%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 25.28g (9.19%), Sugar: 2.42g (2.68%), Cholesterol: 47.21mg (15.74%), Sodium: 458.79mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.59%), Vitamin C: 30.05mg (36.42%), Calcium: 317.42mg (31.74%), Phosphorus: 287.16mg (28.72%), Vitamin B6: 0.49mg (24.33%), Potassium: 706.24mg (20.18%), Selenium: 12.02µg (17.17%), Vitamin A: 815.74IU (16.31%), Vitamin B2: 0.27mg (15.93%), Fiber: 3.35g (13.39%), Zinc: 1.93mg (12.88%), Manganese: 0.25mg (12.31%), Magnesium: 48.1mg (12.02%), Vitamin B1: 0.14mg (9.4%), Copper: 0.18mg (8.97%), Folate: 33.04µg (8.26%), Vitamin B3: 1.65mg (8.23%), Vitamin B12: 0.46µg (7.69%), Iron: 1.26mg (7.01%), Vitamin B5: 0.69mg (6.9%), Vitamin E: 0.66mg (4.4%), Vitamin K: 4.27µg (4.06%), Vitamin D: 0.23µg (1.51%)