



Cheesy Mashed Potatoes



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces edam cheese shredded
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 0.1 teaspoon nutmeg
- ☐ 3 cups potatoes refrigerated mashed (1 pound 4 ounces)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper white

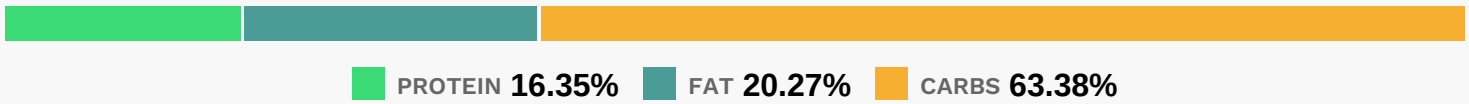
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400F. Spray 1 1/2-quart casserole or square baking dish, 8x8x2 inches, with cooking spray.
- ☐ Mix mashed potatoes, onions, milk, salt, pepper, nutmeg and 1/4 cup of the cheese in large bowl. Lightly spoon into casserole.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake uncovered 15 to 20 minutes or until potatoes are thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:13.72, Inflammation Score:-3, Nutrition Score:7.0826085974341%

Flavonoids

Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 120.32kcal (6.02%), Fat: 2.75g (4.24%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.98g (6.17%), Sugar: 1.7g (1.89%), Cholesterol: 8.82mg (2.94%), Sodium: 297.19mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (9.99%), Vitamin C: 21.08mg (25.55%), Vitamin B6: 0.33mg (16.31%), Potassium: 488.31mg (13.95%), Phosphorus: 126.04mg (12.6%), Calcium: 101.5mg (10.15%), Fiber: 2.39g (9.57%), Manganese: 0.17mg (8.53%), Magnesium: 29.17mg (7.29%), Vitamin B1: 0.1mg (6.43%), Vitamin K: 6.35µg (6.05%), Copper: 0.12mg (6%), Vitamin B3: 1.14mg (5.71%), Vitamin B2: 0.09mg (5.29%), Iron: 0.9mg (5.03%), Folate: 19.9µg (4.98%), Zinc: 0.73mg (4.87%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.22µg (3.74%), Selenium: 1.97µg (2.82%), Vitamin A: 127.81IU (2.56%), Vitamin D: 0.2µg (1.31%)