



## Cheesy Mashed Potatoes with Cubed Ham

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



647 kcal

SIDE DISH

### Ingredients

- ☐ 5 baking potatoes peeled cut into 1/2-inch cubes
- ☐ 1 cup butter
- ☐ 1 pound ham cubed cooked
- ☐ 1 tablespoon parsley dried
- ☐ 1.5 tablespoons garlic powder
- ☐ 1.5 cups cheddar cheese shredded

### Equipment

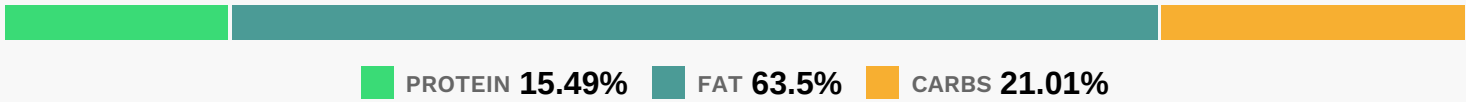
- ☐ bowl

- ☐ pot
- ☐ potato masher

## Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain.
- ☐ Transfer potatoes to a bowl; add butter, garlic powder, and parsley. Mash with a potato masher. Stir in Cheddar cheese and ham.

## Nutrition Facts



## Properties

Glycemic Index:27.79, Glycemic Load:25.49, Inflammation Score:-8, Nutrition Score:20.97130447367%

## Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

## Nutrients (% of daily need)

Calories: 646.99kcal (32.35%), Fat: 46.22g (71.1%), Saturated Fat: 26.21g (163.82%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 31.83g (11.58%), Sugar: 1.29g (1.43%), Cholesterol: 164.78mg (54.93%), Sodium: 1312.77mg (57.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.73%), Phosphorus: 466.57mg (46.66%), Vitamin B6: 0.86mg (43.13%), Vitamin B1: 0.57mg (37.71%), Selenium: 24.58µg (35.11%), Vitamin C: 28.17mg (34.15%), Potassium: 1016.24mg (29.04%), Vitamin A: 1236.76IU (24.74%), Calcium: 241.8mg (24.18%), Vitamin B12: 1.43µg (23.83%), Vitamin B3: 4.6mg (23.01%), Vitamin B2: 0.39mg (22.75%), Zinc: 3.35mg (22.33%), Manganese: 0.37mg (18.47%), Magnesium: 67.96mg (16.99%), Copper: 0.29mg (14.58%), Vitamin B5: 1.37mg (13.71%), Iron: 2.41mg (13.38%), Vitamin K: 11.06µg (10.53%), Fiber: 2.58g (10.31%), Folate: 35.73µg (8.93%), Vitamin E: 1.15mg (7.67%), Vitamin D: 0.17µg (1.13%)