



Cheesy Ranch-and-Bacon Mashed Potatoes

 Gluten Free

READY IN



17 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon crumbled cooked
- ☐ 1.8 cups milk
- ☐ 22 oz potatoes frozen mashed
- ☐ 1 oz ranch dressing mix
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

Equipment

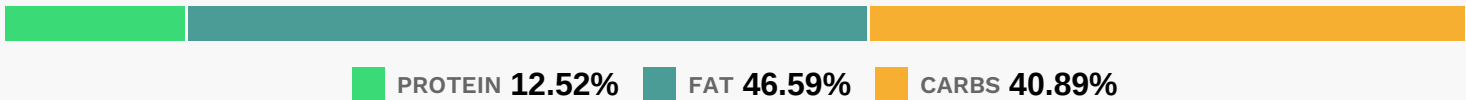
- ☐ bowl

- ☐ whisk
- ☐ microwave

Directions

- ☐ Whisk together 1 (1-oz.) package Ranch dressing mix, 1 cup sour cream, and 1 3/4 cups milk in a large glass bowl. Stir in 1 (22-oz.) package frozen mashed potatoes. Microwave on HIGH 12 minutes, stirring every 4 minutes. Stir in 6 cooked and crumbled bacon slices and 1/2 cup shredded Cheddar cheese.
- ☐ Garnish with sliced green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:10.96, Inflammation Score:-4, Nutrition Score:7.350869614145%

Flavonoids

Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 190.32kcal (9.52%), Fat: 9.92g (15.26%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 17.87g (6.5%), Sugar: 4.18g (4.64%), Cholesterol: 31.5mg (10.5%), Sodium: 368.34mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.99%), Vitamin C: 15.62mg (18.93%), Calcium: 153.98mg (15.4%), Phosphorus: 152.54mg (15.25%), Vitamin B6: 0.28mg (13.96%), Potassium: 449.65mg (12.85%), Vitamin B2: 0.18mg (10.47%), Magnesium: 29.12mg (7.28%), Vitamin B12: 0.42µg (7.06%), Fiber: 1.72g (6.86%), Vitamin A: 337.91IU (6.76%), Vitamin B1: 0.1mg (6.67%), Manganese: 0.13mg (6.26%), Selenium: 4.31µg (6.16%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.8mg (5.33%), Copper: 0.09mg (4.61%), Vitamin B3: 0.91mg (4.54%), Vitamin D: 0.63µg (4.2%), Folate: 15.68µg (3.92%), Iron: 0.64mg (3.55%), Vitamin K: 2.24µg (2.14%), Vitamin E: 0.2mg (1.31%)