



Cheesy Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

Ingredients

- 1 cup cauliflower florets
- 0.3 cup knudsen cream light sour
- 1 lb potatoes red cut into chunks (3)
- 1 cup milk sharp cheddar cheese shredded 2% kraft

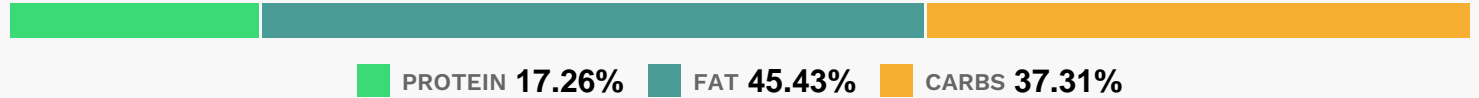
Equipment

- frying pan
- sauce pan

Directions

- Cook potatoes and cauliflower in boiling water in large saucepan 20 min. or until vegetables are tender; drain. Return vegetables to pan.
- Add sour cream; mash until vegetable mixture is fluffy and ingredients are well blended.
- Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:6.8691304092822%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 146.96kcal (7.35%), Fat: 7.57g (11.65%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 12.37g (4.5%), Sugar: 1.38g (1.53%), Cholesterol: 22.19mg (7.4%), Sodium: 149.73mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin C: 14.62mg (17.72%), Calcium: 157.89mg (15.79%), Phosphorus: 146.51mg (14.65%), Potassium: 428.63mg (12.25%), Selenium: 6.1µg (8.72%), Vitamin B6: 0.17mg (8.7%), Vitamin B2: 0.13mg (7.53%), Folate: 28.12µg (7.03%), Zinc: 1.03mg (6.89%), Manganese: 0.13mg (6.72%), Fiber: 1.62g (6.47%), Magnesium: 25.18mg (6.29%), Copper: 0.12mg (5.78%), Vitamin B1: 0.08mg (5.26%), Vitamin K: 5.28µg (5.02%), Vitamin B3: 0.97mg (4.85%), Vitamin A: 225.44IU (4.51%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.24µg (4%), Iron: 0.66mg (3.66%), Vitamin E: 0.19mg (1.27%)