



## Chipotle-Cheddar Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter softened
- 7 ounce chipotle chiles in adobo sauce canned
- 6 garlic cloves peeled
- 0.8 cup milk 1% low-fat
- 6 ounces cheddar cheese shredded extra-sharp reduced-fat
- 1 teaspoon salt
- 4 pounds yukon gold potatoes cubed peeled

### Equipment

potato masher

dutch oven

## Directions

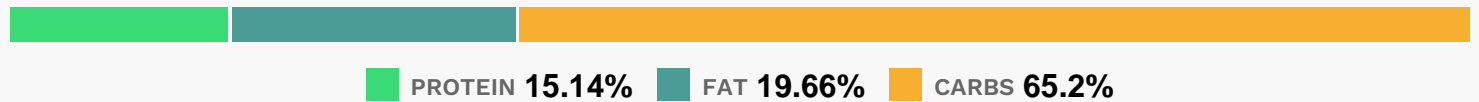
Remove 1 chile and 1 tablespoon adobo sauce from can. Chop chile to measure 1 tablespoon. Reserve remaining chiles and adobo sauce for another use.

Place potato and garlic in a large Dutch oven; cover with water, and bring to a boil. Cook 15 minutes or until potato is tender.

Drain. Return potato mixture to the Dutch oven.

Add chopped chile and adobo sauce, cheese, and remaining ingredients. Mash to desired consistency with a potato masher. Cook for 3 minutes over medium heat or until thoroughly heated, stirring constantly.

## Nutrition Facts



## Properties

Glycemic Index:13.65, Glycemic Load:19.48, Inflammation Score:-4, Nutrition Score:9.706521568091%

## Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 185.64kcal (9.28%), Fat: 4.11g (6.33%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 25.69g (9.34%), Sugar: 3.1g (3.45%), Cholesterol: 11.24mg (3.75%), Sodium: 318.29mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin C: 30.25mg (36.67%), Vitamin B6: 0.48mg (24%), Fiber: 5.01g (20.05%), Potassium: 676.24mg (19.32%), Phosphorus: 173.12mg (17.31%), Manganese: 0.26mg (12.91%), Calcium: 99.23mg (9.92%), Magnesium: 39.26mg (9.82%), Iron: 1.66mg (9.24%), Vitamin B1: 0.13mg (8.95%), Copper: 0.17mg (8.55%), Vitamin B3: 1.63mg (8.15%), Folate: 26.2µg (6.55%), Vitamin B2: 0.1mg (6.07%), Vitamin B5: 0.54mg (5.4%), Zinc: 0.78mg (5.21%), Selenium: 3.07µg (4.38%), Vitamin K: 3.24µg (3.09%), Vitamin A: 149.7IU (2.99%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.18µg (1.18%)