



WHATSheATe



Chipotle-White Cheddar Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



78 kcal

SIDE DISH

Ingredients

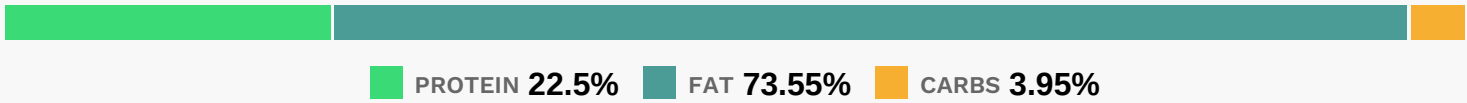
- ☐ 1 teaspoons chipotles in adobo pureed
- ☐ 6 servings potatoes mashed
- ☐ 1 cup cheddar cheese white grated

Equipment

Directions

Prepare perfect mashed potatoes. Mash in grated white cheddar cheese and pureed chipotle chiles. Season with salt.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:2.3886956601687%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 78.17kcal (3.91%), Fat: 6.4g (9.85%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.13g (0.14%), Cholesterol: 18.83mg (6.28%), Sodium: 123.24mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Calcium: 133.27mg (13.33%), Phosphorus: 86.83mg (8.68%), Selenium: 5.33µg (7.62%), Vitamin B2: 0.08mg (4.9%), Zinc: 0.69mg (4.63%), Vitamin A: 188.77IU (3.78%), Vitamin B12: 0.2µg (3.33%), Magnesium: 5.32mg (1.33%), Folate: 4.11µg (1.03%)