



## Chive & Onion Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



40 kcal

SIDE DISH

### Ingredients

- 2 lb baking potatoes peeled quartered ( 6)
- 8 oz philadelphia chive & onion cream cheese spread
- 0.5 cup milk
- 0.3 cup classic ranch dressing kraft

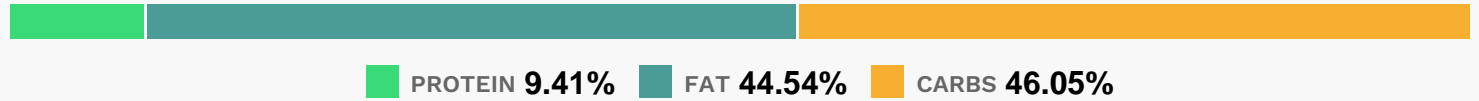
### Equipment

- sauce pan

## Directions

- Cook potatoes in boiling water in large saucepan 20 to 25 min. or until tender; drain.
- Mash potatoes, gradually stirring in milk, cream cheese spread and dressing until light and fluffy.

## Nutrition Facts



## Properties

Glycemic Index:3.07, Glycemic Load:3.28, Inflammation Score:-1, Nutrition Score:1.2417391389608%

## Nutrients (% of daily need)

Calories: 40.26kcal (2.01%), Fat: 2.01g (3.1%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.39g (1.59%), Sugar: 0.53g (0.59%), Cholesterol: 4.27mg (1.42%), Sodium: 42.12mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin B6: 0.08mg (4.03%), Potassium: 100.11mg (2.86%), Vitamin K: 2.43µg (2.31%), Phosphorus: 18.34mg (1.83%), Manganese: 0.04mg (1.82%), Vitamin C: 1.29mg (1.57%), Magnesium: 5.66mg (1.41%), Calcium: 13.92mg (1.39%), Vitamin B1: 0.02mg (1.37%), Vitamin A: 59.6IU (1.19%), Vitamin B3: 0.24mg (1.19%), Copper: 0.02mg (1.18%), Fiber: 0.29g (1.18%), Iron: 0.2mg (1.11%)