



WHATSheATE



Cream Cheese Mashed Potatoes



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 5 pounds baking potatoes
- ☐ 0.5 cup butter softened
- ☐ 6 ounce cream cheese softened
- ☐ 0.5 cup milk
- ☐ 2 teaspoons onion salt
- ☐ 10 servings parsley fresh chopped
- ☐ 8 ounce cream sour

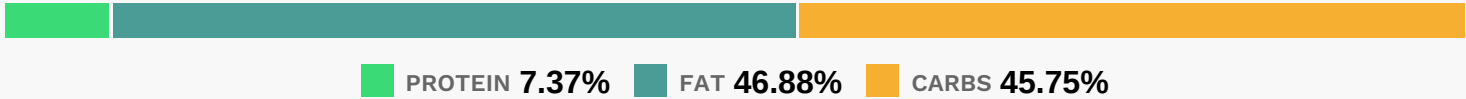
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Peel potatoes, and cut into 1-inch cubes. Cook in a medium saucepan in boiling water to cover 15 to 20 minutes or until tender; drain and place into a large mixing bowl.
- ☐ Add cream cheese and next 4 ingredients; beat at medium speed with an electric mixer until smooth and fluffy (do not overbeat). Spoon into a lightly greased 13- x 9-inch or 3-quart baking dish.
- ☐ Bake, covered, at 325 for 50 minutes or until thoroughly heated; garnish, if desired.
- ☐ Note: Unbaked mashed potatoes may be chilled up to 2 days.
- ☐ Let stand at room temperature 30 minutes, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:32.74, Inflammation Score:-7, Nutrition Score:15.428695507672%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 373.98kcal (18.7%), Fat: 19.99g (30.76%), Saturated Fat: 7.91g (49.46%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 40.82g (14.84%), Sugar: 3.44g (3.82%), Cholesterol: 32.02mg (10.67%), Sodium: 650.78mg (28.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.15%), Vitamin K: 70.42µg (67.06%), Vitamin B6: 0.81mg (40.67%), Potassium: 1041.87mg (29.77%), Vitamin A: 1134.72IU (22.69%), Vitamin C: 18.47mg (22.39%), Manganese: 0.37mg (18.43%), Phosphorus: 177.43mg (17.74%), Magnesium: 59.78mg (14.94%), Vitamin B1: 0.21mg

(13.72%), Iron: 2.24mg (12.43%), Copper: 0.25mg (12.36%), Fiber: 3.08g (12.32%), Vitamin B3: 2.45mg (12.26%), Vitamin B2: 0.18mg (10.41%), Folate: 40.84µg (10.21%), Calcium: 93.11mg (9.31%), Vitamin B5: 0.93mg (9.27%), Zinc: 0.91mg (6.08%), Selenium: 3.45µg (4.92%), Vitamin E: 0.64mg (4.29%), Vitamin B12: 0.16µg (2.7%)