



Cream Cheese Ranch Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

SIDE DISH

Ingredients

- 8 baking potatoes peeled quartered
- 0.5 cup butter softened
- 8 ounce cream cheese softened
- 1 ounce dressing mix dry ranch-style
- 1 cup heavy whipping cream sour

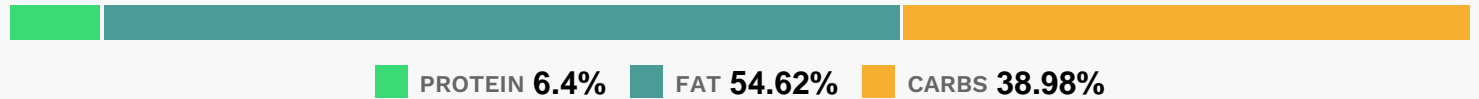
Equipment

- bowl
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender, about 25 minutes.
- Drain and mash.
- In a large bowl beat the cream cheese and dressing mix until smooth. Stir in mashed potatoes, sour cream and butter; beat until desired consistency is reached.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:30.7, Inflammation Score:-6, Nutrition Score:11.586087050645%

Nutrients (% of daily need)

Calories: 435.99kcal (21.8%), Fat: 27.01g (41.55%), Saturated Fat: 15.98g (99.86%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 40.59g (14.76%), Sugar: 3.38g (3.75%), Cholesterol: 76.1mg (25.37%), Sodium: 465.58mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Vitamin B6: 0.76mg (38.15%), Potassium: 964.97mg (27.57%), Vitamin A: 916.52IU (18.33%), Phosphorus: 172.74mg (17.27%), Manganese: 0.34mg (17.03%), Vitamin C: 12.4mg (15.03%), Magnesium: 54.7mg (13.68%), Vitamin B1: 0.19mg (12.51%), Copper: 0.23mg (11.48%), Vitamin B3: 2.26mg (11.32%), Vitamin B2: 0.19mg (11.1%), Fiber: 2.77g (11.08%), Iron: 1.89mg (10.48%), Vitamin B5: 0.91mg (9.15%), Calcium: 87.63mg (8.76%), Folate: 34.52µg (8.63%), Selenium: 4.5µg (6.42%), Zinc: 0.87mg (5.78%), Vitamin K: 5.85µg (5.57%), Vitamin E: 0.7mg (4.69%), Vitamin B12: 0.15µg (2.45%)