



## Creamy Double Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

### Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.5 cup chicken broth fat-free reduced-sodium
- 2 oz philadelphia neufchatel cheese cubed ( )
- 1 lb potatoes red peeled cut into chunks ( 3)
- 1 lb sweet potatoes peeled cut into chunks ( 2)

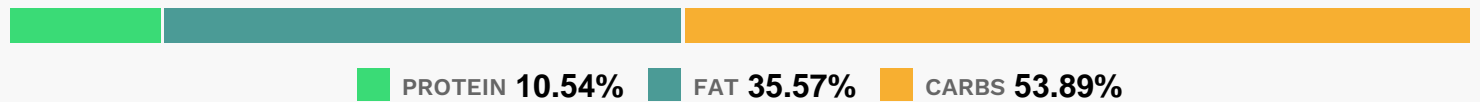
### Equipment

- frying pan
- sauce pan

## Directions

- Cook potatoes in boiling water in large saucepan 15 to 20 min. or until tender; drain. Return potatoes to pan.
- Add Neufchatel; mash potatoes just until Neufchatel is blended. Gradually add broth, continuing to mash potatoes until desired consistency.
- Stir in bacon.

## Nutrition Facts



## Properties

Glycemic Index:14.17, Glycemic Load:7.6, Inflammation Score:-10, Nutrition Score:12.173478225003%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 203.76kcal (10.19%), Fat: 8.15g (12.54%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 24.23g (8.81%), Sugar: 4.47g (4.96%), Cholesterol: 16.67mg (5.56%), Sodium: 261.21mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Vitamin A: 10815.38IU (216.31%), Potassium: 647.82mg (18.51%), Vitamin B6: 0.33mg (16.6%), Manganese: 0.31mg (15.32%), Fiber: 3.55g (14.21%), Phosphorus: 117.89mg (11.79%), Copper: 0.23mg (11.39%), Vitamin B1: 0.16mg (10.94%), Vitamin C: 8.32mg (10.08%), Vitamin B3: 2.01mg (10.03%), Vitamin B5: 0.97mg (9.74%), Magnesium: 38.43mg (9.61%), Selenium: 4.48µg (6.4%), Iron: 1.11mg (6.18%), Vitamin B2: 0.1mg (5.89%), Folate: 23.44µg (5.86%), Zinc: 0.73mg (4.87%), Calcium: 42.79mg (4.28%), Vitamin K: 3.71µg (3.54%), Vitamin B12: 0.14µg (2.33%), Vitamin E: 0.31mg (2.03%)