



## Creamy Mashed Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



486 kcal

SIDE DISH

### Ingredients

- ☐ 10 ounce alfredo sauce refrigerated
- ☐ 0.5 cup butter
- ☐ 0.3 teaspoon pepper
- ☐ 5 pounds potatoes red peeled cut into 1-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

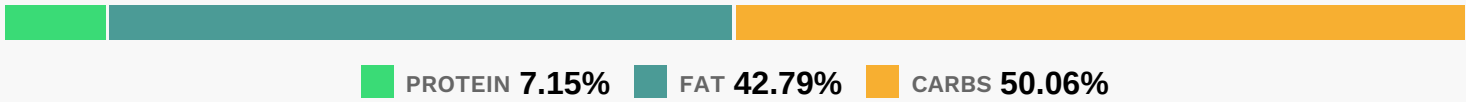
### Equipment

- ☐ potato masher

# Directions

- ☐ Cook potato and 1/4 teaspoon salt in boiling water to cover 15 to 20 minutes or until potato is tender; drain.
- ☐ Stir in remaining ingredients; mash with a potato masher until mixture is smooth.
- ☐ NOTE: For testing purposes only, we used Cantadina Alfredo Sauce, found in the dairy section of the supermarket.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:16.57782613972%

## Flavonoids

Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 485.86kcal (24.29%), Fat: 23.51g (36.17%), Saturated Fat: 7.17g (44.79%), Carbohydrates: 61.88g (20.63%), Net Carbohydrates: 55.44g (20.16%), Sugar: 5.63g (6.26%), Cholesterol: 31mg (10.33%), Sodium: 854.69mg (37.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.67%), Potassium: 1728.98mg (49.4%), Vitamin C: 32.55mg (39.45%), Vitamin B6: 0.64mg (32.23%), Manganese: 0.54mg (27.22%), Fiber: 6.45g (25.79%), Copper: 0.51mg (25.39%), Phosphorus: 235.06mg (23.51%), Vitamin B3: 4.35mg (21.74%), Magnesium: 83.88mg (20.97%), Vitamin B1: 0.31mg (20.54%), Folate: 68.24µg (17.06%), Iron: 2.77mg (15.39%), Vitamin A: 703.56IU (14.07%), Vitamin B5: 1.07mg (10.72%), Vitamin K: 11.1µg (10.57%), Zinc: 1.25mg (8.33%), Vitamin B2: 0.12mg (7.31%), Calcium: 44.02mg (4.4%), Vitamin E: 0.63mg (4.17%), Selenium: 1.89µg (2.71%)