

Creamy Mashed Potatoes II

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



234 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 4 ounces cream cheese
- 8 large potatoes cubed peeled
- 1 ounce ranch seasoning dry ranch-style
- 8 ounces cream sour

Equipment

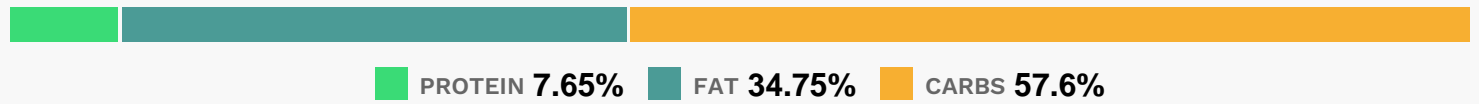
- oven
- pot

- baking pan
- hand mixer
- potato masher

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place potatoes in a large pot with enough water to cover. Bring to a boil, and cook until potatoes are tender, about 10 minutes.
- Drain water, and add cream cheese, butter, sour cream and ranch dressing mix. Mash until creamy using a potato masher or electric mixer.
- Spread evenly in a large baking dish.
- Bake for 30 minutes in the preheated oven, until the top is golden brown.

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:23.7, Inflammation Score:-5, Nutrition Score:10.045217234155%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 233.77kcal (11.69%), Fat: 9.19g (14.14%), Saturated Fat: 5.34g (33.39%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 30.21g (10.98%), Sugar: 2.19g (2.44%), Cholesterol: 25.69mg (8.56%), Sodium: 201.02mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin C: 36.47mg (44.21%), Vitamin B6: 0.55mg (27.71%), Potassium: 804.95mg (23%), Fiber: 4.06g (16.24%), Manganese: 0.28mg (14.23%), Phosphorus: 124.66mg (12.47%), Magnesium: 44.58mg (11.15%), Copper: 0.2mg (10.15%), Vitamin B1: 0.15mg (10.15%), Vitamin B3: 1.97mg (9.83%), Iron: 1.46mg (8.1%), Folate: 31.15µg (7.79%), Vitamin B5: 0.64mg (6.39%), Vitamin A: 305.36IU (6.11%), Vitamin B2: 0.1mg (5.93%), Calcium: 44.47mg (4.45%), Zinc: 0.62mg (4.14%), Vitamin K: 4.2µg (4%), Selenium: 1.73µg (2.48%), Vitamin E: 0.24mg (1.62%)