



Creamy Mashed Potatoes with Chives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup skim milk fat-free
- ☐ 5 ounces cream cheese light with chives and onions
- ☐ 1 teaspoon salt
- ☐ 3 pounds yukon gold potatoes peeled quartered

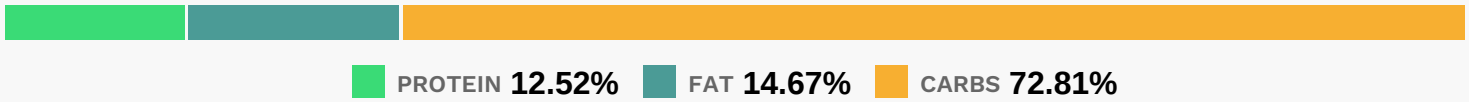
Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place potatoes in a Dutch oven, and cover with water; bring to a boil. Reduce heat, and simmer for 10 minutes or until tender.
- ☐ Drain. Return potatoes to pan; add the milk and salt. Mash the potato mixture with a potato masher to desired consistency.
- ☐ Add the cheese, and stir just until blended.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:17.67, Inflammation Score:-3, Nutrition Score:7.9473914050538%

Flavonoids

Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 138.82kcal (6.94%), Fat: 2.3g (3.55%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 22.73g (8.27%), Sugar: 2.71g (3.01%), Cholesterol: 8.14mg (2.71%), Sodium: 298.3mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin C: 26.81mg (32.49%), Vitamin B6: 0.42mg (20.86%), Potassium: 635.22mg (18.15%), Fiber: 2.99g (11.97%), Phosphorus: 116.59mg (11.66%), Manganese: 0.21mg (10.54%), Magnesium: 34.4mg (8.6%), Vitamin B1: 0.12mg (8.25%), Copper: 0.15mg (7.6%), Vitamin B3: 1.47mg (7.36%), Folate: 24.79µg (6.2%), Iron: 1.09mg (6.04%), Calcium: 59.01mg (5.9%), Vitamin B5: 0.58mg (5.81%), Vitamin B2: 0.09mg (5.36%), Vitamin B12: 0.23µg (3.75%), Zinc: 0.55mg (3.66%), Vitamin K: 2.74µg (2.61%), Vitamin A: 114.29IU (2.29%), Selenium: 1.3µg (1.86%), Vitamin D: 0.22µg (1.48%)