



Creamy Parmesan Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



33 kcal

SIDE DISH

Ingredients

- 0.5 cup knudsen cream light sour
- 1 cup chicken broth fat-free reduced-sodium
- 4 oz philadelphia neufchatel cheese cubed ()
- 3 Tbsp parmesan cheese grated kraft
- 2 lb potatoes red cut into 1/2-inch chunks (6)

Equipment

- sauce pan

Directions

- Place potatoes in large saucepan.
- Add broth; bring to boil on medium heat. Cover; simmer on medium-low heat 15 min., stirring after 8 min. Uncover; simmer 5 to 6 min. or just until potatoes are tender and most the broth is absorbed.
- Add Neufchatel; mash potatoes on low heat just until Neufchatel is melted and mixture is well blended.
- Add sour cream and Parmesan; mash and stir until potato mixture is blended and heated through.

Nutrition Facts



Properties

Glycemic Index:0.77, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.4204347702148%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 32.87kcal (1.64%), Fat: 1.25g (1.93%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.09g (1.49%), Sugar: 0.46g (0.51%), Cholesterol: 3.92mg (1.31%), Sodium: 52.24mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Potassium: 132.56mg (3.79%), Vitamin C: 2.26mg (2.74%), Phosphorus: 26.05mg (2.6%), Vitamin B6: 0.05mg (2.37%), Manganese: 0.04mg (1.9%), Copper: 0.04mg (1.88%), Fiber: 0.44g (1.76%), Vitamin B3: 0.34mg (1.72%), Magnesium: 6.57mg (1.64%), Vitamin B1: 0.02mg (1.57%), Calcium: 15.06mg (1.51%), Folate: 5.57µg (1.39%), Vitamin B2: 0.02mg (1.17%), Iron: 0.21mg (1.15%)