



WHATSheATE



Creamy Ranch Mashed Potatoes



Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 slices bacon crumbled cooked
- ☐ 7.2 oz creamy peanut butter mashed betty crocker®
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 cups milk
- ☐ 1 oz ranch dressing (milk recipe)
- ☐ 1 cup cream sour
- ☐ 0.8 cup water

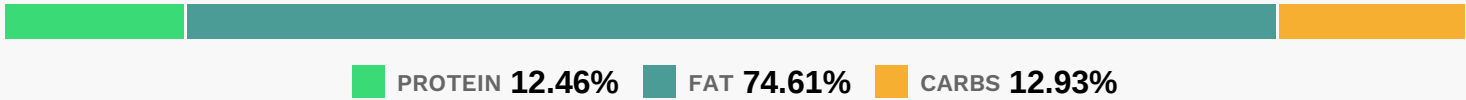
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat milk, water and butter to boiling. Stir in ranch dressing mix and sour cream; beat until smooth. Stir in 3 slices of the bacon and both pouches of potatoes just until moistened; let stand 1 minute. Stir with fork until smooth.
- ☐ Spoon potatoes into serving dish. Top with remaining crumbled bacon and the green onions.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:7.2843478244284%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 244.36kcal (12.22%), Fat: 21.09g (32.45%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.22g (2.63%), Sugar: 5.44g (6.04%), Cholesterol: 23.33mg (7.78%), Sodium: 220.03mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.85%), Vitamin B3: 3.13mg (15.66%), Phosphorus: 154.74mg (15.47%), Manganese: 0.31mg (15.38%), Vitamin E: 2.14mg (14.27%), Magnesium: 44.29mg (11.07%), Calcium: 96.64mg (9.66%), Vitamin B2: 0.16mg (9.23%), Vitamin B6: 0.15mg (7.44%), Potassium: 239.34mg (6.84%), Vitamin A: 336.73IU (6.73%), Vitamin K: 6.84µg (6.51%), Selenium: 4.34µg (6.21%), Zinc: 0.9mg (6.02%), Vitamin B12: 0.35µg (5.91%), Vitamin B5: 0.54mg (5.37%), Vitamin B1: 0.08mg (5.29%), Folate: 19.84µg (4.96%), Copper: 0.1mg (4.9%), Fiber: 1.01g (4.04%), Vitamin D: 0.55µg (3.68%), Iron: 0.43mg (2.37%)