



Creamy Ranch Mashed Potatoes

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 slices bacon crumbled cooked
- ☐ 9.4 oz creamy peanut butter mashed
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 4 cups milk
- ☐ 1 oz ranch dressing (milk recipe)
- ☐ 1 cup cream sour
- ☐ 1.5 cups water

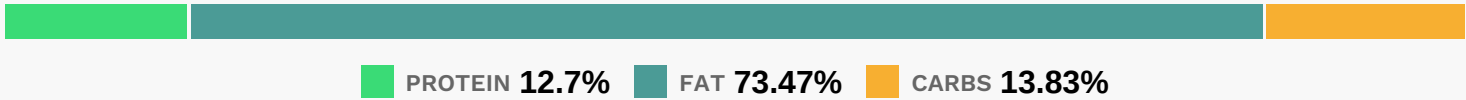
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat water and butter to boiling. Stir in warm milk, 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:2.4, Inflammation Score:-5, Nutrition Score:10.222608682902%

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: 331.55kcal (16.58%), Fat: 28.16g (43.32%), Saturated Fat: 8.36g (52.25%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 10.62g (3.86%), Sugar: 8.44g (9.38%), Cholesterol: 29.19mg (9.73%), Sodium: 293.32mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.91%), Phosphorus: 225.83mg (22.58%), Vitamin B3: 4.01mg (20.07%), Manganese: 0.4mg (20.05%), Vitamin E: 2.82mg (18.82%), Calcium: 161.11mg (16.11%), Magnesium: 60.95mg (15.24%), Vitamin B2: 0.24mg (13.95%), Vitamin A: 518.62IU (10.37%), Vitamin B12: 0.62µg (10.35%), Vitamin B6: 0.21mg (10.32%), Potassium: 348.93mg (9.97%), Zinc: 1.26mg (8.43%), Selenium: 5.53µg (7.9%), Vitamin B5: 0.79mg (7.88%), Vitamin B1: 0.12mg (7.71%), Vitamin D: 1.09µg (7.26%), Vitamin K: 7µg (6.67%), Copper: 0.13mg (6.38%), Folate: 25.24µg (6.31%), Fiber: 1.31g (5.24%), Iron: 0.53mg (2.97%)