



Creamy Salsa Potatoes

 Gluten Free

READY IN



55 min.

SERVINGS



16

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9.4 oz potatoes
- 4 cups water boiling
- 1 cup milk
- 2 tablespoons butter
- 0.8 cup salsa thick
- 0.5 cup cream sour
- 4 oz chilis green chopped canned
- 2 oz cheddar cheese shredded

2 tablespoons cilantro leaves fresh chopped

Equipment

oven

whisk

baking pan

glass baking pan

Directions

Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

Stir 2 Sauce

Mix pouches, boiling water, milk and margarine with whisk in baking dish. Stir in 2 Potatoes pouches. Stir in salsa, sour cream, chiles and cheese until well blended.

Bake 35 minutes or until potatoes are tender.

Sprinkle with cilantro.

Let stand 5 minutes before serving (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:2.42, Inflammation Score:-2, Nutrition Score:2.8434782339179%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 68.28kcal (3.41%), Fat: 4.55g (7.01%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.5g (1.64%), Sugar: 1.59g (1.76%), Cholesterol: 9.61mg (3.2%), Sodium: 159.77mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin C: 6.02mg (7.29%), Calcium: 61.37mg (6.14%), Phosphorus: 51.69mg (5.17%), Vitamin A: 238.73IU (4.77%), Vitamin B6: 0.09mg (4.7%), Potassium: 145.15mg (4.15%), Vitamin B2: 0.06mg (3.58%), Fiber: 0.71g (2.83%), Magnesium: 10.1mg (2.53%), Selenium: 1.74µg (2.49%),

Vitamin B12: 0.14µg (2.28%), Manganese: 0.04mg (2.06%), Folate: 8.2µg (2.05%), Zinc: 0.3mg (2.01%), Vitamin B1: 0.03mg (1.97%), Vitamin B3: 0.38mg (1.91%), Copper: 0.04mg (1.91%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.18mg (1.77%), Iron: 0.29mg (1.59%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.22µg (1.16%)