



## Creamy Salsa Potatoes

 Gluten Free

READY IN



55 min.

SERVINGS



16

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4.5 oz chilis green chopped canned
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons butter
- 1 cup milk
- 9.4 oz potatoes
- 0.8 cup salsa thick
- 2 oz cheddar cheese shredded
- 0.5 cup cream sour

4 cups water boiling

## Equipment

oven

whisk

baking pan

glass baking pan

## Directions

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

Stir 2 Sauce

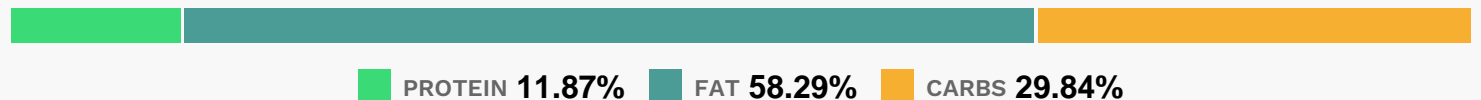
Mix pouches, boiling water, milk and margarine with whisk in baking dish. Stir in 2 Potatoes pouches. Stir in salsa, sour cream, chiles and cheese until well blended.

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:2.8799999848656%

## 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: 68.47kcal (3.42%), Fat: 4.56g (7.01%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.52g (1.65%), Sugar: 1.59g (1.76%), Cholesterol: 9.61mg (3.2%), Sodium: 163.29mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin C: 6.32mg (7.66%), Calcium: 61.69mg (6.17%), Phosphorus: 51.79mg (5.18%), Vitamin A: 239.84IU (4.8%), Vitamin B6: 0.1mg (4.75%), Potassium: 146.16mg (4.18%), Vitamin B2: 0.06mg (3.59%), Fiber: 0.72g (2.89%), Magnesium: 10.14mg (2.54%), Selenium: 1.74µg (2.49%), Vitamin

B12: 0.14µg (2.28%), Folate: 8.68µg (2.17%), Manganese: 0.04mg (2.06%), Zinc: 0.3mg (2.02%), Vitamin B1: 0.03mg (1.97%), Vitamin B3: 0.39mg (1.94%), Copper: 0.04mg (1.91%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.18mg (1.78%), Iron: 0.3mg (1.66%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.22µg (1.16%)