



Creamy Spinach Mashed Potato Bake



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 5 oz baby spinach fresh cooked
- ☐ 4 pounds baking potatoes
- ☐ 5.5 oz buttery garlic-and-herb spreadable cheese
- ☐ 0.3 cup butter melted
- ☐ 1.3 cups warm buttermilk
- ☐ 0.5 cup warm milk
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 2 teaspoons salt

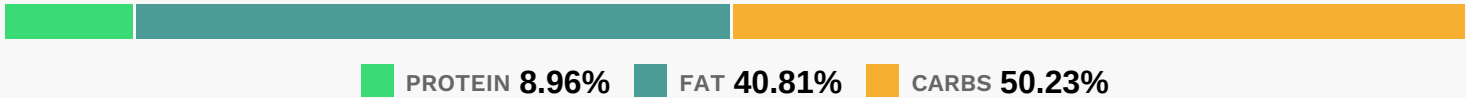
Equipment

- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Peel potatoes; cut into 2-inch pieces. Bring potatoes, 2 tsp. salt, and water to cover to a boil in a large Dutch oven over medium-high heat; boil 20 minutes or until tender.
- ☐ Drain. Return potatoes to Dutch oven, reduce heat to low, and cook, stirring occasionally, 3 to 5 minutes or until potatoes are dry.
- ☐ Mash potatoes with a potato masher to desired consistency. Stir in warm buttermilk, warm milk, melted butter, pepper, and 1 tsp. salt, stirring just until blended.
- ☐ Stir in spinach, cheese, and pecans, and spoon the mixture into a lightly greased 2 1/2-qt. baking dish or 8 (10-oz.) ramekins.
- ☐ Bake at 350 for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:34.72, Glycemic Load:33.18, Inflammation Score:-9, Nutrition Score:19.169999765313%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-

gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 355.99kcal (17.8%), Fat: 16.74g (25.76%), Saturated Fat: 8.72g (54.5%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 42.71g (15.53%), Sugar: 4.17g (4.64%), Cholesterol: 42.39mg (14.13%), Sodium: 1094.13mg (47.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Vitamin K: 90.63µg (86.31%), Vitamin B6: 0.85mg (42.34%), Vitamin A: 1930IU (38.6%), Manganese: 0.67mg (33.73%), Potassium: 1134.34mg (32.41%), Vitamin C: 17.94mg (21.75%), Phosphorus: 191.17mg (19.12%), Magnesium: 75.86mg (18.97%), Folate: 68.92µg (17.23%), Vitamin B1: 0.25mg (16.46%), Copper: 0.31mg (15.28%), Fiber: 3.67g (14.67%), Iron: 2.54mg (14.12%), Vitamin B3: 2.57mg (12.83%), Vitamin B2: 0.2mg (11.8%), Calcium: 113.87mg (11.39%), Vitamin B5: 0.93mg (9.3%), Zinc: 1.11mg (7.38%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.66µg (4.37%), Selenium: 2.96µg (4.23%), Vitamin E: 0.63mg (4.17%)