



Creamy Spinach Mashed Potatoes



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baby spinach fresh chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon butter light
- ☐ 3 tablespoons cream cheese light tub-style
- ☐ 1 cup milk 1% low-fat
- ☐ 2.7 cups potatoes frozen mashed
- ☐ 0.3 teaspoon salt

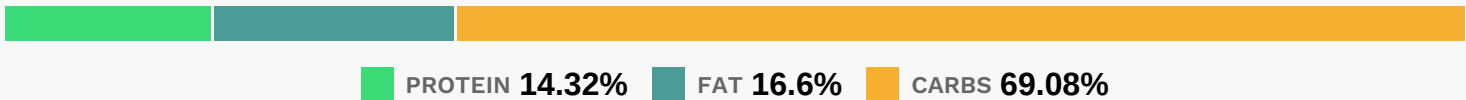
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add garlic, and saut 1 minute or until tender and lightly browned.
- ☐ Add milk and next 3 ingredients, stirring with a whisk. Bring to a simmer, and add potatoes. Cook 2 minutes or until potatoes are smooth and fluffy, stirring occasionally. Stir in spinach; let stand 1 minute or until spinach begins to wilt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.55, Glycemic Load:14.47, Inflammation Score:-6, Nutrition Score:10.173912991648%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 132.96kcal (6.65%), Fat: 2.5g (3.85%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 20.78g (7.56%), Sugar: 3.78g (4.2%), Cholesterol: 8.26mg (2.75%), Sodium: 179.03mg (7.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.71%), Vitamin K: 31.49µg (29.99%), Vitamin C: 24.12mg (29.24%), Vitamin B6: 0.39mg (19.49%), Potassium: 609.14mg (17.4%), Vitamin A: 724.45IU (14.49%), Phosphorus: 131.41mg (13.14%), Manganese: 0.26mg (13.04%), Fiber: 2.65g (10.59%), Calcium: 95.33mg (9.53%), Magnesium: 37.41mg (9.35%), Vitamin B1: 0.13mg (8.49%), Folate: 32.28µg (8.07%), Vitamin B2: 0.13mg (7.77%), Copper: 0.14mg (6.86%), Vitamin B3: 1.3mg (6.49%), Vitamin B12: 0.37µg (6.2%), Iron: 1.09mg (6.07%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.63mg (4.19%), Vitamin D: 0.56µg (3.71%), Selenium: 1.93µg (2.76%), Vitamin E: 0.18mg (1.23%)