



Easy and Quick Cream Cheese Potatoes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



466 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounce cream cheese cubed
- ☐ 0.5 teaspoon garlic salt
- ☐ 5 green onions chopped
- ☐ 15 small potatoes red
- ☐ 6 servings salt and pepper to taste

Equipment

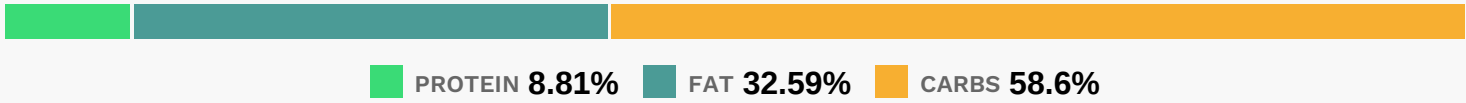
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook potatoes in a large saucepan of boiling water until tender, about 15 minutes.
- ☐ Drain well.
- ☐ Return potatoes to pan, and stir in the cream cheese, butter, and garlic salt. Use a fork to mash potatoes, leaving them fairly lumpy. Fold in green onions. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:21.017391515815%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 466.46kcal (23.32%), Fat: 17.4g (26.77%), Saturated Fat: 10.19g (63.66%), Carbohydrates: 70.4g (23.47%), Net Carbohydrates: 62.91g (22.88%), Sugar: 7.14g (7.93%), Cholesterol: 48.21mg (16.07%), Sodium: 614.38mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Potassium: 2012.45mg (57.5%), Vitamin C: 38.43mg (46.58%), Vitamin B6: 0.75mg (37.5%), Vitamin K: 34.15µg (32.52%), Manganese: 0.62mg (31.02%), Phosphorus: 304.52mg (30.45%), Fiber: 7.49g (29.94%), Copper: 0.58mg (29.25%), Vitamin B3: 4.97mg (24.86%), Magnesium: 99.01mg (24.75%), Vitamin B1: 0.36mg (23.91%), Folate: 86.44µg (21.61%), Iron: 3.3mg (18.31%), Vitamin A: 753.72IU (15.07%), Vitamin B5: 1.41mg (14.14%), Vitamin B2: 0.23mg (13.43%), Zinc: 1.64mg (10.9%), Calcium: 87.73mg (8.77%), Selenium: 5.48µg (7.83%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.09µg (1.52%)