



## Fiesta Potatoes

 Gluten Free

READY IN



25 min.

SERVINGS



7

CALORIES



251 kcal

SIDE DISH

### Ingredients

- 2.7 cups water
- 0.3 cup butter
- 1 teaspoon salt
- 0.7 cup milk
- 2 cups potatoes mashed
- 1 cup salsa
- 2.3 oz olives ripe sliced canned
- 4 oz cheddar cheese shredded

- 0.5 cup tortilla chips crushed
- 1 serving guacamole
- 1 serving cream sour
- 1 serving cilantro leaves fresh chopped

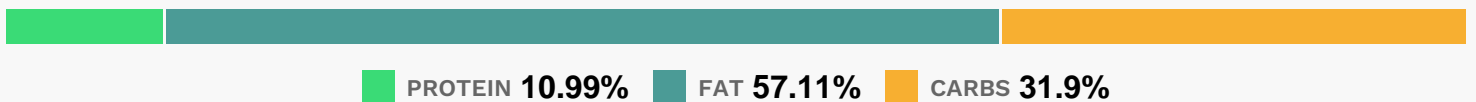
## Equipment

- sauce pan
- oven
- glass baking pan

## Directions

- Set oven control to broil. In 3-quart saucepan, heat water, butter and salt to boiling.
- Remove from heat. Stir in milk and dry potatoes just until moistened.
- Let stand about 30 seconds or until liquid is absorbed. Whip with fork until fluffy.
- Spread hot potatoes in ungreased 8-inch square (2-quart) glass baking dish.
- Spread with salsa.
- Sprinkle with olives and cheese. Broil with top 3 to 4 inches from heat about 2 minutes or until cheese is melted.
- Sprinkle with tortilla chips.
- Serve with guacamole, sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:31.54, Glycemic Load:8.19, Inflammation Score:-6, Nutrition Score:8.5460869125698%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 250.91kcal (12.55%), Fat: 16.35g (25.15%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 17.81g (6.48%), Sugar: 3.23g (3.59%), Cholesterol: 20mg (6.67%), Sodium: 944.85mg (41.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Calcium: 181.26mg (18.13%), Phosphorus: 165.85mg (16.58%), Vitamin C: 12.58mg (15.24%), Vitamin A: 717.36IU (14.35%), Vitamin B6: 0.29mg (14.35%), Potassium: 420.92mg (12.03%), Fiber: 2.74g (10.97%), Vitamin E: 1.49mg (9.94%), Magnesium: 35.81mg (8.95%), Vitamin B2: 0.15mg (8.65%), Selenium: 6.05µg (8.64%), Zinc: 1.07mg (7.14%), Manganese: 0.14mg (6.88%), Copper: 0.13mg (6.44%), Vitamin B1: 0.09mg (6.23%), Vitamin B3: 1.18mg (5.89%), Vitamin B5: 0.52mg (5.2%), Vitamin B12: 0.31µg (5.15%), Vitamin K: 5.1µg (4.86%), Iron: 0.82mg (4.58%), Folate: 16.06µg (4.01%), Vitamin D: 0.35µg (2.35%)