



Fiesta Smashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



9

CALORIES



169 kcal

SIDE DISH

Ingredients

- 1 cup four cheese shredded mexican style divided kraft finely
- 2 Tbsp cilantro leaves fresh chopped
- 2 green onions finely chopped
- 0.5 cup classic ranch dressing kraft
- 0.3 cup pasilla peppers red chopped
- 1.5 lb yukon gold potatoes cut into 2-inch chunks (4)

Equipment

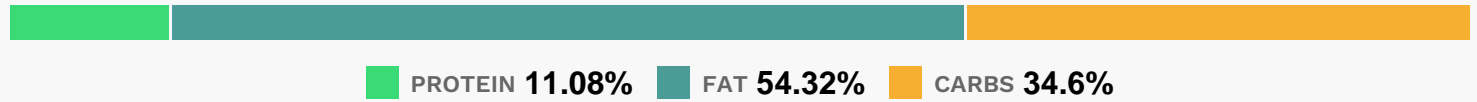
- frying pan

- sauce pan
- potato masher

Directions

- Add potatoes to large saucepan of boiling water; cook 15 to 18 min. or until tender.
- Drain; return potatoes to pan.
- Use potato masher or back of large spoon to coarsely smash potatoes. Stir in dressing.
- Stir in 3/4 cup cheese, onions and peppers just until blended. Top with remaining cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:9.84, Inflammation Score:-4, Nutrition Score:7.3826086858044%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 168.72kcal (8.44%), Fat: 10.29g (15.83%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 12.93g (4.7%), Sugar: 1.49g (1.66%), Cholesterol: 16.02mg (5.34%), Sodium: 207.42mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin C: 20.72mg (25.11%), Vitamin K: 25.6µg (24.38%), Phosphorus: 127.5mg (12.75%), Vitamin B6: 0.25mg (12.47%), Calcium: 103.84mg (10.38%), Potassium: 353.03mg (10.09%), Fiber: 1.82g (7.29%), Manganese: 0.13mg (6.59%), Selenium: 4.27µg (6.1%), Vitamin A: 294.56IU (5.89%), Vitamin B2: 0.1mg (5.7%), Magnesium: 22.5mg (5.62%), Zinc: 0.72mg (4.83%), Folate: 18.93µg (4.73%), Vitamin B1: 0.07mg (4.66%), Copper: 0.09mg (4.57%), Vitamin B3: 0.87mg (4.33%), Vitamin B5: 0.4mg (3.98%), Iron: 0.71mg (3.94%), Vitamin E: 0.48mg (3.2%), Vitamin B12: 0.16µg (2.6%)