



## Four-Cheese Mashed Potato Casserole

 Gluten Free

READY IN



95 min.

SERVINGS



24

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 5 lb potatoes white peeled cut into 1-inch pieces ( 14 cups)
- 1 oz cheese blue crumbled
- 4 oz cheddar cheese shredded reduced-fat
- 0.3 cup parmesan shredded
- 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- 1 teaspoon garlic salt
- 0.3 teaspoon paprika
- 1 teaspoon chives fresh chopped

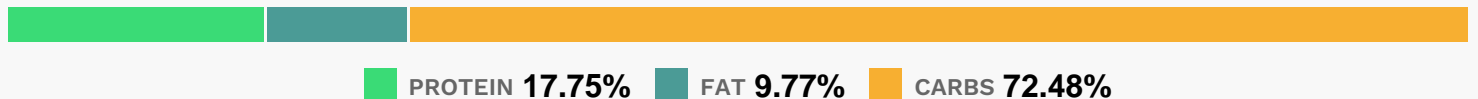
## Equipment

- bowl
- sauce pan
- oven
- hand mixer
- potato masher
- dutch oven
- glass baking pan

## Directions

- In 6-quart saucepan or Dutch oven, place potatoes.
- Add enough water to cover potatoes; heat to boiling over high heat. Reduce heat to medium; cook uncovered 15 to 18 minutes or until tender.
- Meanwhile, in large bowl, beat cream cheese, blue cheese, Cheddar cheese and Parmesan cheese with electric mixer on low speed until smooth. Beat in yogurt and garlic salt.
- Heat oven to 350°F.
- Drain potatoes. Mash in saucepan with potato masher or electric mixer on low speed.
- Stir cheese mixture into mashed potatoes until well blended. If potatoes are too stiff, stir in milk, 1 tablespoon at a time, until desired consistency. Spoon into ungreased 13x9-inch (3-quart) glass baking dish.
- Bake uncovered 35 to 40 minutes or until hot and top is lightly browned.
- Sprinkle with paprika and chives.

## Nutrition Facts



## Properties

Glycemic Index:8.24, Glycemic Load:12.1, Inflammation Score:-2, Nutrition Score:5.7591304293145%

## Flavonoids

Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 94.98kcal (4.75%), Fat: 1.05g (1.61%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 15.37g (5.59%), Sugar: 1.56g (1.74%), Cholesterol: 2.79mg (0.93%), Sodium: 169.63mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin C: 18.73mg (22.71%), Vitamin B6: 0.29mg (14.49%), Potassium: 431.59mg (12.33%), Phosphorus: 104.65mg (10.46%), Fiber: 2.09g (8.35%), Manganese: 0.15mg (7.32%), Calcium: 69.98mg (7%), Magnesium: 25.22mg (6.3%), Vitamin B1: 0.08mg (5.46%), Copper: 0.11mg (5.28%), Vitamin B3: 1.03mg (5.14%), Iron: 0.78mg (4.36%), Folate: 17.42µg (4.35%), Vitamin B2: 0.07mg (4.28%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.52mg (3.47%), Selenium: 1.74µg (2.49%), Vitamin K: 2µg (1.9%), Vitamin B12: 0.11µg (1.87%)