



Garlic-Herb Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

Ingredients

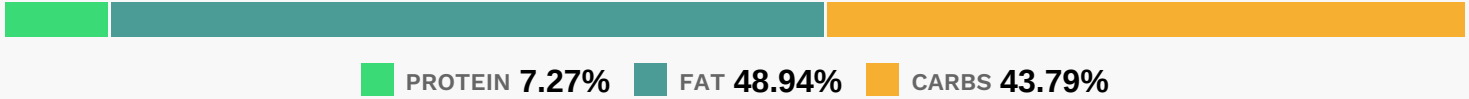
- ☐ 4 ounce garlic-and-herbs spreadable cheese
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon seasoned pepper
- ☐ 22 ounce potatoes frozen mashed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

Directions

☐ Prepare 1 (22-ounce) bag frozen mashed potatoes according to package directions. Stir in 1 (4-ounce) container garlic-and-herbs spreadable cheese, 1/2 cup sour cream, 1/4 cup chopped fresh parsley, 1/2 teaspoon seasoned pepper, and 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:13.34, Inflammation Score:-4, Nutrition Score:8.0730433723201%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 185.05kcal (9.25%), Fat: 10.41g (16.02%), Saturated Fat: 5.67g (35.42%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 18.54g (6.74%), Sugar: 1.49g (1.65%), Cholesterol: 31.85mg (10.62%), Sodium: 213.22mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 43.54µg (41.46%), Vitamin C: 23.98mg (29.06%), Vitamin B6: 0.32mg (15.86%), Potassium: 477.67mg (13.65%), Fiber: 2.41g (9.65%), Manganese: 0.19mg (9.33%), Phosphorus: 75.53mg (7.55%), Magnesium: 27.36mg (6.84%), Vitamin A: 333IU (6.66%), Copper: 0.12mg (6.09%), Vitamin B1: 0.09mg (5.95%), Vitamin B3: 1.15mg (5.74%), Iron: 1mg (5.53%), Folate: 21.61µg (5.4%), Vitamin B2: 0.07mg (4.01%), Vitamin B5: 0.38mg (3.84%), Calcium: 36.08mg (3.61%), Zinc: 0.39mg (2.62%), Selenium: 1.03µg (1.47%)