



Golden Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



27 kcal

SIDE DISH

Ingredients

- 2 Tbsp butter
- 1 Tbsp chives fresh chopped
- 0.3 cup milk
- 2 Tbsp parmesan cheese grated kraft
- 4 cups potatoes cubed cooked mashed
- 6 oz velveeta® divided
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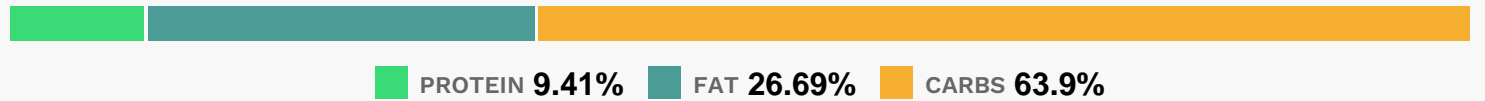
Equipment

oven

Directions

- Beat potatoes, milk and butter until fluffy. Stir in chives and half of the VELVEETA.
- Spoon into 1-quart casserole; sprinkle with Parmesan cheese.
- Bake at 350F for 20 to 25 minutes or until heated through. Top with remaining VELVEETA; bake an additional 5 minutes or until VELVEETA begins to melt.

Nutrition Facts



Properties

Glycemic Index:4.76, Glycemic Load:3.1, Inflammation Score:-1, Nutrition Score:1.3339130327753%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 26.51kcal (1.33%), Fat: 0.8g (1.23%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.27g (0.3%), Cholesterol: 0.46mg (0.15%), Sodium: 14.65mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin C: 4.78mg (5.79%), Vitamin B6: 0.07mg (3.61%), Potassium: 104.77mg (2.99%), Fiber: 0.53g (2.12%), Manganese: 0.04mg (1.87%), Phosphorus: 17.49mg (1.75%), Magnesium: 5.89mg (1.47%), Vitamin B1: 0.02mg (1.36%), Copper: 0.03mg (1.31%), Vitamin B3: 0.26mg (1.28%), Iron: 0.19mg (1.05%)