



WHATSheATE



Loaded Mashed Potatoes



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



980 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup butter
- ☐ 1.5 pounds bacon julienned cooked
- ☐ 12 ounce carton cream sour
- ☐ 2 heads garlic
- ☐ 6 pounds idaho potatoes peeled quartered
- ☐ 8 servings salt
- ☐ 8 ounce block sharp cheddar white grated

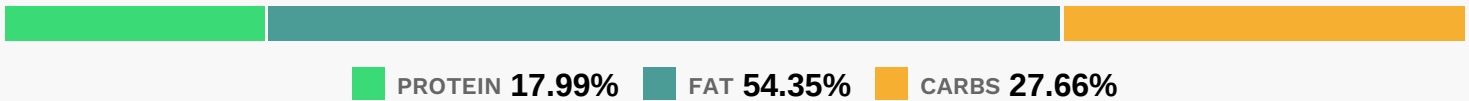
Equipment

- ☐ oven
- ☐ pot
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Cut tops off 2 garlic heads. Wrap in foil and roast for 30 minutes. When cool enough to handle remove the flesh from the garlic heads and set aside.
- ☐ In a large stockpot, cook potatoes in enough salted water to cover for 10 to 15 minutes or until tender.
- ☐ Drain and return to stockpot. Beat with an electric mixer until smooth; adding salt, to taste, pepper, butter, garlic and sour cream. With a spatula stir in cheese and bacon.
- ☐ Add more salt and pepper, if necessary.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:49.25, Inflammation Score:-8, Nutrition Score:32.981304769931%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 980.05kcal (49%), Fat: 59.57g (91.65%), Saturated Fat: 27.34g (170.86%), Carbohydrates: 68.22g (22.74%), Net Carbohydrates: 63.53g (23.1%), Sugar: 3.73g (4.15%), Cholesterol: 168.14mg (56.05%), Sodium:

1930.72mg (83.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.37g (88.74%), Vitamin B6: 1.75mg (87.72%), Selenium: 55.24µg (78.91%), Phosphorus: 694.16mg (69.42%), Vitamin B3: 12.57mg (62.83%), Potassium: 1956.15mg (55.89%), Vitamin B1: 0.79mg (52.48%), Manganese: 0.74mg (37.08%), Zinc: 4.87mg (32.47%), Calcium: 315.37mg (31.54%), Vitamin B2: 0.52mg (30.56%), Magnesium: 119.41mg (29.85%), Vitamin C: 21.96mg (26.62%), Copper: 0.48mg (24.22%), Vitamin B5: 2.3mg (22.98%), Vitamin B12: 1.34µg (22.35%), Iron: 3.98mg (22.12%), Vitamin A: 941.77IU (18.84%), Fiber: 4.7g (18.78%), Folate: 56.85µg (14.21%), Vitamin K: 9.37µg (8.93%), Vitamin E: 1.11mg (7.37%), Vitamin D: 0.51µg (3.4%)