



WHATSheATE



Make-Ahead Party Mashed Potatoes



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 16 oz cream cheese cubed softened
- ☐ 2 teaspoons garlic salt
- ☐ 2 cups milk
- ☐ 2 teaspoons onion salt
- ☐ 20 servings paprika
- ☐ 15.3 oz potatoes mashed hungry jack®
- ☐ 16 oz cup heavy whipping cream sour
- ☐ 24 butter unsalted

☐ 6 cups water

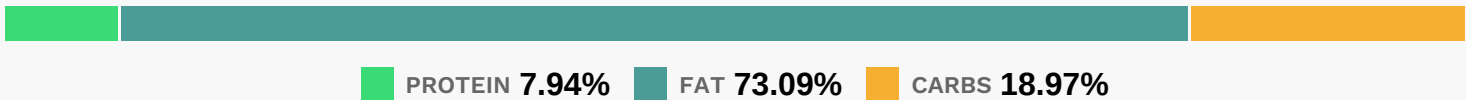
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ HEAT oven to 350F. Spray a 13 x 9-inch baking dish with no-stick cooking spray.
- ☐ Heat water, butter, garlic salt and onion salt to boiling in a 6-quart Dutch oven or saucepan.
- ☐ Remove from heat.
- ☐ Add cream cheese, milk and sour cream, stirring until cream cheese is dissolved.
- ☐ STIR in potato flakes, mixing until all ingredients are well combined.
- ☐ Spread mashed potato mixture into prepared pan.
- ☐ SPRINKLE with paprika and bake 1 hour or until bubbling around edges and golden brown. Top with chopped bacon and parsley, if desired.
- ☐ VARIATION
- ☐ Heat 7 1/2 cups water with butter, garlic salt and onion salt. Replace 2 cups milk with 1 (12 oz.) can Pet Evaporated Milk.
- ☐ TIP Before adding paprika and baking, potato mixture can be covered and stored in the refrigerator for up to 48 hours.
- ☐ Sprinkle with paprika and bake as directed above.

Nutrition Facts



Properties

Glycemic Index:8.19, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:5.593478259833%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 169.87kcal (8.49%), Fat: 14.23g (21.9%), Saturated Fat: 7.99g (49.94%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.14g (2.59%), Sugar: 3.18g (3.53%), Cholesterol: 41.8mg (13.93%), Sodium: 558.95mg (24.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin A: 1500.91IU (30.02%), Vitamin B2: 0.16mg (9.17%), Phosphorus: 85.08mg (8.51%), Calcium: 84.81mg (8.48%), Vitamin B6: 0.14mg (7.19%), Potassium: 232.17mg (6.63%), Vitamin E: 0.91mg (6.04%), Vitamin C: 4.49mg (5.45%), Selenium: 3.46µg (4.94%), Fiber: 1.18g (4.7%), Magnesium: 16.53mg (4.13%), Vitamin B5: 0.41mg (4.12%), Vitamin B12: 0.23µg (3.86%), Manganese: 0.07mg (3.61%), Iron: 0.64mg (3.54%), Vitamin B1: 0.05mg (3.16%), Zinc: 0.45mg (2.98%), Copper: 0.06mg (2.9%), Vitamin K: 2.99µg (2.85%), Vitamin B3: 0.5mg (2.49%), Folate: 7.89µg (1.97%), Vitamin D: 0.29µg (1.91%)