



Mashed Potato Bowls

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 tablespoon butter melted
- 8 ounce cream cheese softened
- 1 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 0.3 teaspoon paprika
- 3 pounds potatoes
- 2 teaspoons salt divided

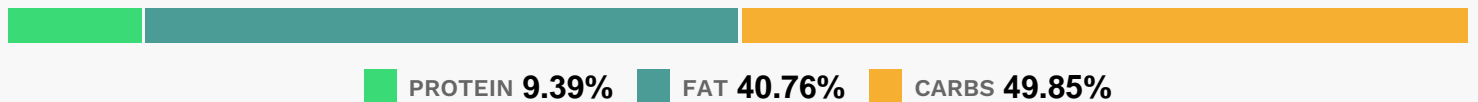
Equipment

- bowl
- baking sheet
- oven
- potato masher
- ziploc bags
- dutch oven

Directions

- Cook potatoes, 1 teaspoon salt, and boiling water to cover in a Dutch oven 25 minutes or until tender.
- Drain and cool to touch.
- Peel potatoes, and mash in a large bowl using a potato masher. Stir in remaining salt, cream cheese, and next 3 ingredients until blended.
- Spoon mixture into 6 large mounds on a baking sheet. Shape each mound into a 4-inch bowl using the back of a large serving spoon; cover and freeze until firm.
- Place frozen bowls into heavy-duty zip-top plastic bags; freeze up to 1 month.
- Remove from freezer, and place frozen bowls on a lightly greased baking sheet.
- Brush with butter, and sprinkle with paprika.
- Bake frozen bowls at 450 for 15 minutes or until thoroughly heated and lightly browned.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:30.99, Inflammation Score:-7, Nutrition Score:14.31608700234%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 345.05kcal (17.25%), Fat: 15.91g (24.48%), Saturated Fat: 8.35g (52.19%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 38.7g (14.07%), Sugar: 3.24g (3.6%), Cholesterol: 69.18mg (23.06%), Sodium: 959.07mg (41.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.49%), Vitamin C: 44.68mg (54.16%), Vitamin B6: 0.71mg (35.37%), Potassium: 1021.96mg (29.2%), Fiber: 5.09g (20.35%), Phosphorus: 193.37mg (19.34%), Manganese: 0.37mg (18.69%), Magnesium: 57.4mg (14.35%), Vitamin B1: 0.21mg (14.24%), Vitamin A: 681.69IU (13.63%), Copper: 0.26mg (13.13%), Vitamin B3: 2.59mg (12.94%), Vitamin B2: 0.21mg (12.46%), Folate: 48.25µg (12.06%), Iron: 2.12mg (11.75%), Selenium: 7.34µg (10.49%), Vitamin B5: 1.03mg (10.3%), Calcium: 80.09mg (8.01%), Zinc: 0.98mg (6.52%), Vitamin K: 5.2µg (4.95%), Vitamin E: 0.53mg (3.56%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.17µg (1.11%)