



Mashed Potato Crust

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 22 ounce potatoes frozen mashed
- ☐ 1 cup cheddar cheese shredded

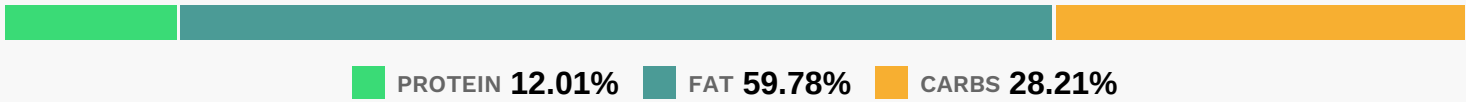
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐
- Prepare package frozen mashed potatoes according to package directions. Stir in softened cream cheese until melted. Spoon hot potato mixture evenly over hot Barbecue Pot Pie mixture; sprinkle with shredded Cheddar cheese.
- ☐
- Bake at 425 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:10.49, Inflammation Score:-4, Nutrition Score:6.9169565413309%

Flavonoids

Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 216.88kcal (10.84%), Fat: 14.62g (22.5%), Saturated Fat: 8.46g (52.87%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 13.81g (5.02%), Sugar: 1.72g (1.91%), Cholesterol: 42.76mg (14.25%), Sodium: 186.07mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin C: 15.36mg (18.62%), Phosphorus: 139.46mg (13.95%), Calcium: 136.72mg (13.67%), Vitamin B6: 0.26mg (12.78%), Potassium: 376.51mg (10.76%), Vitamin A: 523.83IU (10.48%), Selenium: 6.67µg (9.53%), Vitamin B2: 0.15mg (8.97%), Fiber: 1.72g (6.86%), Manganese: 0.12mg (6.19%), Magnesium: 24.3mg (6.07%), Zinc: 0.89mg (5.91%), Vitamin B1: 0.07mg (4.87%), Copper: 0.09mg (4.7%), Vitamin B5: 0.45mg (4.51%), Folate: 17.99µg (4.5%), Vitamin B3: 0.85mg (4.27%), Iron: 0.66mg (3.68%), Vitamin B12: 0.21µg (3.53%), Vitamin E: 0.36mg (2.38%), Vitamin K: 2.42µg (2.3%)