



Mashed Potato Duo

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



69 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 1.5 lb baking potatoes peeled quartered (5)
- 1 Tbsp brown sugar
- 8 oz philadelphia cream cheese divided softened
- 2 green onions chopped
- 0.5 cup milk divided
- 1.5 lb sweet potatoes peeled quartered (3)

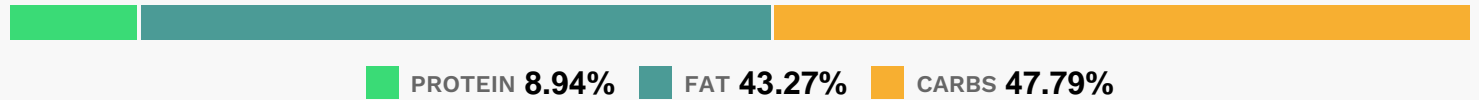
Equipment

- bowl
- sauce pan

Directions

- Cook potatoes in saucepan of boiling water 15 min. or until tender; drain.
- Place sweet potatoes in one bowl, and white (baking) potatoes in separate bowl.
- Mash potatoes in each bowl until light and fluffy, gradually adding half each of the cream cheese and milk to potatoes in each bowl. Stir bacon and brown sugar into mashed sweet potatoes; stir green onions into mashed white potatoes.
- Spoon mashed sweet and white potatoes alternately into casserole sprayed with cooking spray; swirl lightly with spoon.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:4.86, Inflammation Score:-9, Nutrition Score:4.7352173121079%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 68.85kcal (3.44%), Fat: 3.37g (5.18%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 7.51g (2.73%), Sugar: 1.69g (1.88%), Cholesterol: 8.62mg (2.87%), Sodium: 50.19mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin A: 2858.54IU (57.17%), Vitamin B6: 0.12mg (6.03%), Potassium: 167.68mg (4.79%), Manganese: 0.08mg (4.16%), Phosphorus: 34.17mg (3.42%), Fiber: 0.85g (3.41%), Vitamin B1: 0.04mg (2.79%), Vitamin B5: 0.28mg (2.79%), Magnesium: 10.8mg (2.7%), Copper: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.39%), Vitamin K: 2.27µg (2.16%), Vitamin B3: 0.42mg (2.12%), Vitamin C: 1.7mg (2.06%), Calcium: 19.84mg (1.98%), Selenium: 1.33µg (1.9%), Iron: 0.32mg (1.75%), Folate: 5.89µg (1.47%), Zinc: 0.19mg (1.29%)