



Mashed Potato Miracle

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons butter
- ☐ 8 ounce cream cheese
- ☐ 6 ounce french-fried onions canned
- ☐ 1.5 cups milk
- ☐ 1 onion minced
- ☐ 2.8 cups potato flakes
- ☐ 1 teaspoon salt
- ☐ 3 cups water

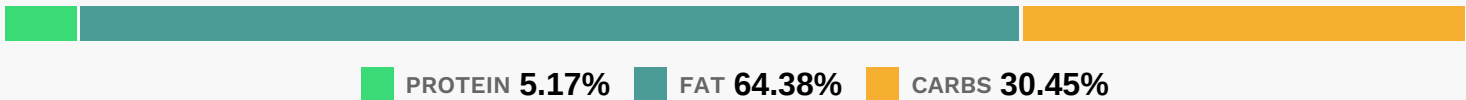
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ In a medium saucepan bring water and salt to a boil over medium heat.
- ☐ Add butter and stir in potato flakes, onion and cream cheese. Stir in milk until potatoes are soft and fluffy. Spoon into a 9x12 inch casserole dish and top with fried onions.
- ☐ Bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:2.03, Inflammation Score:-6, Nutrition Score:9.7569564736408%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 534.42kcal (26.72%), Fat: 38.33g (58.96%), Saturated Fat: 20.72g (129.49%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 38.66g (14.06%), Sugar: 6.06g (6.74%), Cholesterol: 70.58mg (23.53%), Sodium: 875.87mg (38.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin C: 23.63mg (28.64%), Vitamin B1: 0.32mg (21.57%), Vitamin A: 901.41IU (18.03%), Phosphorus: 153.07mg (15.31%), Vitamin B6: 0.29mg (14.32%), Potassium: 472.99mg (13.51%), Calcium: 129.93mg (12.99%), Vitamin B2: 0.21mg (12.37%), Selenium: 8.3µg (11.86%), Vitamin B5: 1.05mg (10.5%), Vitamin B3: 1.85mg (9.24%), Fiber: 2.13g (8.51%), Magnesium: 32.13mg (8.03%), Vitamin B12: 0.43µg (7.21%), Folate: 19.89µg (4.97%), Zinc: 0.69mg (4.57%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.64mg (4.25%), Vitamin K: 4.26µg (4.06%), Copper: 0.08mg (3.9%), Manganese: 0.08mg (3.78%), Iron: 0.42mg (2.32%)