

SIDE DISH

Mashed Potato Soufflé

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
60 min	10	\$0.31	131 kcal



You can never have too many side dish recipes, so give Mashed Potato Soufflé a try. One portion of this dish contains roughly 6g of protein, 5g of fat, and a total of 131 calories. This recipe serves 10. For 31 cents per serving, this recipe covers 6% of your daily requirements of vitamins and miner...

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 3 large eggs, lightly beaten
- ☐ ¼ cup plain fat-free Greek yogurt
- ☐ ¼ cup ounce pecorino Romano cheese, finely grated (about
- ☐ 0.6 teaspoon salt
- ☐ 2 tablespoons butter, melted
- ☐ 2 tablespoons all-purpose flour
- ☐ 1¼ cups 2% reduced-fat milk, divided
- ☐ 22/3 cups instant potato flakes
- ☐ 22/3 cups water

EQUIPMENT Sauce pan, Oven, Whisk, Broiler

Method

- 1 Preheat oven to 40
- 2 Coat a 2-quart souffl dish with baking spray.
- 3 Combine 1/4 cup milk and flour, stirring with a whisk. Bring flour mixture and 2 2/3 cups water to a boil in a medium saucepan; simmer 2 minutes.
- 4 Remove from heat; stir in remaining 1 cup milk and potato flakes.
- 5 Add yogurt and remaining ingredients, stirring until just combined. Spoon into prepared dish.
- 6 Bake at 400 for 45 minutes or until puffy.
- 7 Turn on broiler (leave dish in oven). Broil 2 minutes or until lightly browned.
- 8 Serve immediately.

Nutrition per serving

131	6 g	5 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.7 g · 17% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			2.3 g · 3% of daily needs
Sodium			293 mg · 13% of daily needs
Cholesterol			67 mg · 22% of daily needs
Vitamin C			13 mg · 16% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mashed-potato-souffle-147326