



WHATSheATE



Mashed Potatoes Loaded with Bacon and Cheddar



Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



494 kcal

SIDE DISH

Ingredients

- ☐ 10 slice bacon
- ☐ 2.5 cup cheddar cheese grated
- ☐ 0.3 cup chives minced
- ☐ 8 ounce cream cheese
- ☐ 5 pound idaho russet potatoes
- ☐ 2 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.5 cup butter unsalted melted

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees. Peel potatoes, and cut into 1-inch chunks.
- ☐ Place in a large saucepan, and add enough cold water to cover by about 2 inches. Bring to a boil over medium-high heat, and reduce to a simmer. Cook until tender and easily pierced with a paring knife, about 20 minutes.
- ☐ Transfer to a colander to drain; return to pan, cover, and set aside. Meanwhile, heat a large skillet over medium heat.
- ☐ Add bacon, and cook until crisp and browned, turning once.
- ☐ Transfer to paper towels to drain; let cool, and crumble into pieces. Using a fork, mash the potatoes in pan until light and fluffy.
- ☐ Add the cream cheese, butter, and sour cream, and stir until combined and smooth.
- ☐ Add the chives, 2 cups cheddar cheese, half the bacon, salt, and pepper. Stir until well combined.
- ☐ Transfer to a buttered 3-quart baking dish. Top with remaining ½ cup cheddar cheese.
- ☐ Bake until top is slightly golden and potatoes are heated through, about 30 minutes.
- ☐ Remove from oven; garnish with remaining bacon.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 10.82%**  **FAT 59.72%**  **CARBS 29.46%**

Properties

Glycemic Index:17.98, Glycemic Load:27.32, Inflammation Score:-6, Nutrition Score:13.971739209217%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 494.18kcal (24.71%), Fat: 33.33g (51.28%), Saturated Fat: 17.62g (110.13%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 34.49g (12.54%), Sugar: 2.64g (2.93%), Cholesterol: 86.37mg (28.79%), Sodium: 738.73mg (32.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Vitamin B6: 0.74mg (36.86%), Phosphorus: 275.84mg (27.58%), Potassium: 897.37mg (25.64%), Calcium: 233.26mg (23.33%), Selenium: 13.55µg (19.35%), Vitamin A: 890.89IU (17.82%), Manganese: 0.32mg (16.02%), Vitamin B2: 0.26mg (15.35%), Vitamin B1: 0.22mg (14.79%), Magnesium: 56.33mg (14.08%), Vitamin C: 11.43mg (13.85%), Vitamin B3: 2.75mg (13.76%), Zinc: 1.8mg (12.01%), Copper: 0.22mg (11.06%), Fiber: 2.5g (10%), Iron: 1.8mg (9.99%), Vitamin B5: 0.95mg (9.54%), Folate: 35.43µg (8.86%), Vitamin B12: 0.44µg (7.32%), Vitamin K: 7.22µg (6.88%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.36µg (2.38%)