



## Mashed Potatoes Olé

READY IN



20 min.

SERVINGS



16

CALORIES



164 kcal

SIDE DISH

### Ingredients

- 9.4 oz roasted garlic mashed
- 4 cups water
- 1.5 cups milk
- 6 tablespoons butter
- 1.5 cups bread
- 3 ounces cheddar cheese shredded
- 0.8 cup salsa
- 3 tablespoons chilis green ripe sliced chopped
- 1 serving cream sour

1 serving cilantro leaves fresh chopped

## Equipment

sauce pan

oven

baking pan

## Directions

Heat oven to 425°F. In 4-quart saucepan, heat water, milk and butter to boiling. Stir in 2 pouches potatoes; beat with fork until smooth. Stir in 3/4 cup of the onions.

Spread mixture in ungreased 2-quart baking dish.

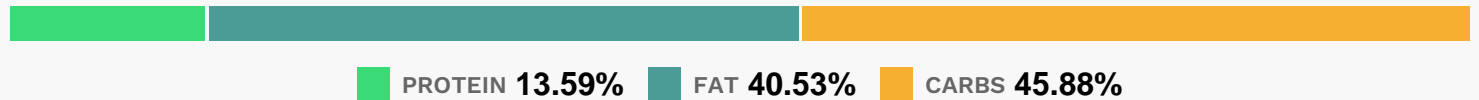
Sprinkle with cheese.

Spread salsa over cheese. Top with olives and remaining onions.

Bake uncovered 3 to 5 minutes or until onions are golden.

Serve with sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:12.97, Glycemic Load:10.86, Inflammation Score:-4, Nutrition Score:7.3060870066933%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 163.92kcal (8.2%), Fat: 7.56g (11.63%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 18.15g (6.6%), Sugar: 2.8g (3.11%), Cholesterol: 8.5mg (2.83%), Sodium: 323.63mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Manganese: 0.41mg (20.5%), Selenium: 10.79µg (15.42%), Vitamin B1: 0.21mg (14.02%), Vitamin B6: 0.27mg (13.67%), Calcium: 115.93mg (11.59%), Vitamin B2: 0.18mg (10.35%), Phosphorus: 102.21mg (10.22%), Vitamin C: 6.41mg (7.77%), Folate: 31.01µg (7.75%), Vitamin A: 346.75IU (6.93%), Iron: 1.25mg (6.93%), Vitamin B3: 1.37mg (6.84%), Copper: 0.1mg (5.15%), Zinc: 0.75mg (4.99%), Potassium:

168.94mg (4.83%), Magnesium: 18.21mg (4.55%), Fiber: 1.11g (4.42%), Vitamin B5: 0.31mg (3.15%), Vitamin B12: 0.19µg (3.11%), Vitamin E: 0.43mg (2.84%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.18µg (1.12%)