



## Mashed Potatoes Olé

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



159 kcal

SIDE DISH

### Ingredients

- 6 tablespoons butter
- 3 tablespoons chilis green ripe sliced chopped
- 16 servings cilantro leaves fresh chopped
- 1.5 cups fried onions
- 1.5 cups milk
- 9.4 oz roasted garlic mashed
- 0.8 cup salsa (any variety)
- 3 ounces cheddar cheese shredded

- 16 servings cream sour
- 4 cups water

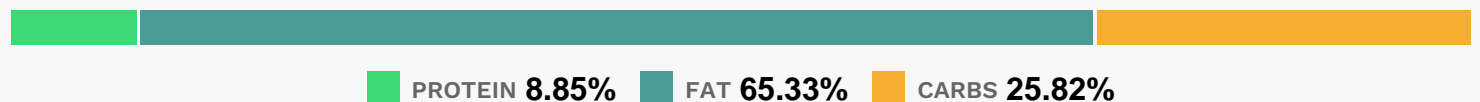
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 425F. 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:7.94, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:5.0139130353928%

## 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: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 158.7kcal (7.93%), Fat: 11.76g (18.09%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.84g (3.58%), Sugar: 2.16g (2.4%), Cholesterol: 15.14mg (5.05%), Sodium: 237.37mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Manganese: 0.3mg (14.77%), Vitamin B6: 0.25mg (12.73%), Calcium: 115.82mg (11.58%), Phosphorus: 87.52mg (8.75%), Vitamin A: 423.16IU (8.46%), Vitamin C:

6.54mg (7.92%), Selenium: 4.87µg (6.95%), Vitamin B2: 0.1mg (5.9%), Potassium: 157.54mg (4.5%), Zinc: 0.56mg (3.7%), Vitamin B1: 0.06mg (3.68%), Copper: 0.07mg (3.58%), Vitamin B12: 0.21µg (3.51%), Magnesium: 12.26mg (3.06%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.28mg (2.79%), Fiber: 0.62g (2.48%), Iron: 0.39mg (2.17%), Vitamin D: 0.28µg (1.89%), Vitamin B3: 0.31mg (1.55%), Vitamin K: 1.48µg (1.41%), Folate: 4.46µg (1.11%)