



## Mashed Potatoes with Fried Mushroom, Bacon, and Onion

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

### Ingredients

- 5 slices bacon
- 2 tablespoons butter
- 6 medium mushrooms sliced
- 1 medium onion sliced
- 2 tablespoons ranch dressing
- 1 tablespoon vegetable oil
- 6 yukon gold potatoes peeled quartered

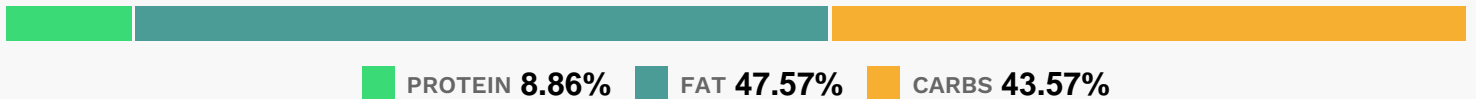
## Equipment

- bowl
- frying pan
- paper towels
- pot
- hand mixer
- potato masher
- stove

## Directions

- Add potatoes to a large pot of water and bring to a boil. Cook until the potatoes are soft, about 20 minutes.
- Meanwhile, place the bacon slices in a large skillet over medium heat, and cook until crisp.
- Remove to paper towels.
- Wipe out the skillet, return to stove, and pour in vegetable oil. Stir in mushrooms and onion, and cook until onion is soft and translucent.
- When the potatoes are done, drain water, and place potatoes in a large bowl. Mash in butter and ranch dressing. With a potato masher or electric mixer, continue to mash until the potatoes are smooth. Stir in the mushrooms, onions, and crumbled bacon.

## Nutrition Facts



## Properties

Glycemic Index:32.13, Glycemic Load:22.25, Inflammation Score:-5, Nutrition Score:11.868695730748%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

## Nutrients (% of daily need)

Calories: 293.64kcal (14.68%), Fat: 15.79g (24.29%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 28.3g (10.29%), Sugar: 2.7g (3%), Cholesterol: 23.43mg (7.81%), Sodium: 208.26mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin C: 35.22mg (42.7%), Vitamin B6: 0.59mg (29.63%), Potassium: 840.33mg (24.01%), Fiber: 4.23g (16.93%), Vitamin B3: 3.2mg (16.02%), Phosphorus: 154.52mg (15.45%), Manganese: 0.3mg (14.82%), Vitamin B1: 0.21mg (14.04%), Vitamin K: 14.5µg (13.81%), Copper: 0.26mg (12.83%), Magnesium: 45.1mg (11.27%), Vitamin B5: 0.94mg (9.42%), Vitamin B2: 0.15mg (8.97%), Selenium: 6.18µg (8.83%), Iron: 1.55mg (8.59%), Folate: 34.08µg (8.52%), Zinc: 0.85mg (5.65%), Vitamin E: 0.51mg (3.37%), Calcium: 28.59mg (2.86%), Vitamin A: 129.07IU (2.58%), Vitamin B12: 0.12µg (1.92%)