



WHATSheATE



## Mashed Potatoes with Mexican Chili-Cheese Topper



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

### Ingredients

- ☐ 2.7 cups water
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup milk
- ☐ 2 cups potatoes mashed
- ☐ 16 oz chili beans sauce undrained canned
- ☐ 14.5 oz canned tomatoes diced with green chiles, undrained canned

- ☐ 2 oz monterrey jack cheese shredded
- ☐ 2 tablespoons spring onion sliced

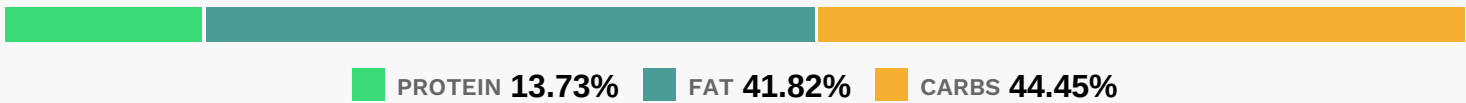
## Equipment

- ☐ sauce pan

## Directions

- ☐ In 3-quart saucepan, heat water, butter and salt to boiling; remove from heat. Stir in milk and dry potatoes just until moistened.
- ☐ Let stand about 30 seconds or until liquid is absorbed; whip with fork.
- ☐ In 1-quart saucepan, cook beans and tomatoes over medium heat 8 to 10 minutes, stirring occasionally, until hot. Spoon onto individual servings of potatoes.
- ☐ Sprinkle with cheese and onions.

## Nutrition Facts



## Properties

Glycemic Index:45.19, Glycemic Load:14.22, Inflammation Score:-8, Nutrition Score:19.00260849621%

## Flavonoids

Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 388.56kcal (19.43%), Fat: 18.39g (28.28%), Saturated Fat: 6.04g (37.78%), Carbohydrates: 43.96g (14.65%), Net Carbohydrates: 35.78g (13.01%), Sugar: 11.32g (12.57%), Cholesterol: 17.5mg (5.83%), Sodium: 1372.05mg (59.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.16%), Vitamin C: 32.76mg (39.71%), Vitamin B6: 0.77mg (38.46%), Phosphorus: 362.39mg (36.24%), Potassium: 1232.32mg (35.21%), Fiber: 8.18g (32.71%), Copper: 0.5mg (25.15%), Calcium: 246.7mg (24.67%), Magnesium: 97.8mg (24.45%), Iron: 4.07mg (22.63%), Vitamin B2: 0.38mg (22.31%), Zinc: 3.34mg (22.24%), Vitamin A: 848.23IU (16.96%), Folate: 59.12µg (14.78%), Vitamin B1: 0.2mg (13.57%), Manganese: 0.25mg (12.43%), Vitamin B3: 2.32mg (11.61%), Vitamin K: 12.12µg (11.54%), Vitamin E: 1.46mg (9.74%), Selenium: 4.74µg (6.77%), Vitamin B5: 0.63mg (6.28%), Vitamin B12: 0.36µg (6.05%), Vitamin D: 0.53µg (3.55%)