



Mashed Potatoes with Tomato Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- 8 ounce cream cheese softened
- 8 servings gravy
- 2.3 cups milk
- 1 teaspoon pepper
- 22 ounce potatoes frozen mashed
- 1 teaspoon salt

Equipment

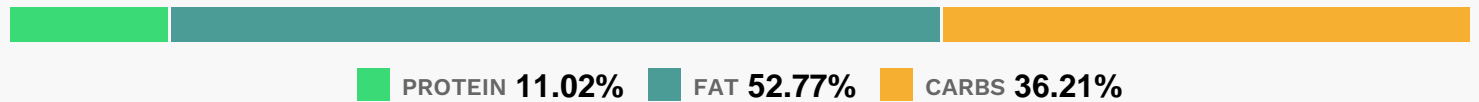
- bowl

microwave

Directions

- Stir together potatoes and milk in a large bowl. Microwave at HIGH 8 minutes; stir and microwave 5 to 7 more minutes.
- Let stand 2 minutes.
- Stir in cream cheese, salt, and seasoned pepper, stirring until cheese melts and mixture is blended.
- Serve with Tomato Gravy.
- To lighten: Use fat-free milk and reduced-fat cream cheese.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:11.69, Inflammation Score:-5, Nutrition Score:7.6278260738953%

Flavonoids

Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 203kcal (10.15%), Fat: 12.12g (18.65%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 16.94g (6.16%), Sugar: 5.12g (5.68%), Cholesterol: 37.25mg (12.42%), Sodium: 416.05mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.39%), Vitamin C: 15.36mg (18.62%), Phosphorus: 147.05mg (14.7%), Vitamin B6: 0.29mg (14.5%), Potassium: 475.77mg (13.59%), Calcium: 125.68mg (12.57%), Vitamin B2: 0.19mg (11.11%), Vitamin A: 498.95IU (9.98%), Manganese: 0.16mg (7.89%), Vitamin B12: 0.45µg (7.44%), Magnesium: 29.46mg (7.36%), Vitamin B1: 0.11mg (7.27%), Fiber: 1.78g (7.11%), Vitamin B5: 0.66mg (6.61%), Selenium: 4.04µg (5.77%), Vitamin D: 0.78µg (5.22%), Copper: 0.09mg (4.68%), Vitamin B3: 0.93mg (4.63%), Zinc: 0.66mg (4.42%), Folate: 15.07µg (3.77%), Iron: 0.67mg (3.7%), Vitamin K: 2.7µg (2.57%), Vitamin E: 0.29mg (1.93%)