



## Mashed Sides

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



85 kcal

SIDE DISH

## Ingredients

- 1 Tbsp butter
- 0.5 cup philadelphia cream cheese spread
- 1 tsp ground nutmeg
- 2 medium pears cored peeled chopped
- 8 cups potatoes red cubed peeled

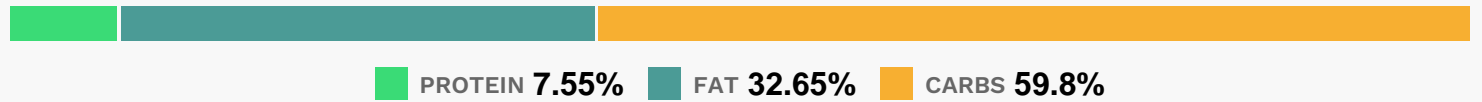
## Equipment

- frying pan
- sauce pan

## Directions

- Place potatoes and pears in saucepan.
- Add enough water to completely cover ingredients in pan. Bring to boil on medium-high heat. Reduce heat to medium-low; cook 15 min. or until tender.
- Drain.
- Add butter; mash until butter is melted and mixture is well blended.
- Add cream cheese spread and nutmeg; continue to mash until creamy and well blended. Season with salt and pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:13.06, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:2.8665217264029%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 84.81kcal (4.24%), Fat: 3.19g (4.9%), Saturated Fat: 2g (12.48%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 11.33g (4.12%), Sugar: 3.88g (4.32%), Cholesterol: 8.41mg (2.8%), Sodium: 60.82mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Potassium: 262.84mg (7.51%), Fiber: 1.81g (7.23%), Vitamin C: 5.58mg (6.77%), Vitamin B6: 0.09mg (4.7%), Copper: 0.09mg (4.66%), Manganese: 0.09mg (4.5%), Phosphorus: 34.73mg (3.47%), Magnesium: 13.44mg (3.36%), Vitamin B3: 0.63mg (3.13%), Vitamin B1: 0.04mg (2.98%), Folate: 11.25µg (2.81%), Vitamin K: 2.84µg (2.7%), Vitamin A: 130.53IU (2.61%), Iron: 0.42mg (2.36%), Calcium: 19.64mg (1.96%), Vitamin B5: 0.16mg (1.55%), Vitamin B2: 0.02mg (1.4%), Zinc: 0.2mg (1.33%)