



 **14%**  
HEALTH SCORE

## Mashpotinis

 **Gluten Free**

READY IN



**120 min.**

SERVINGS



**20**

CALORIES



**655 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup bell pepper chopped
- 1 cup bell pepper chopped
- 0.5 cup cheese blue
- 1 cup broccoli
- 1 cup brown sugar
- 1 cup brown sugar
- 0.5 cup candied ginger
- 1 cup caramelized onions

- 0.1 cup caviar
- 2 cups pepper flakes
- 1 cup chives chopped
- 0.3 cup cinnamon sugar
- 1 cup bacon crumbled cooked
- 2 cups roasted chicken cooked
- 1 cup seasoning cubes diced
- 1 cup artichoke hearts chopped
- 1 cup gravy
- 2 cups ground beef
- 1 cup honey
- 0.3 cup jalapeno sliced
- 1 cup mushrooms chopped
- 1 cup mushrooms chopped
- 1 cup pecans chopped
- 0.3 cup basil pesto
- 12 cups sweet potatoes and into (with milk and butter as you would normally like to make them))  
prepared mashed
- 1 cup salsa
- 2 cups cheddar cheese shredded
- 2 cups mozzarella cheese shredded
- 2 cups cream sour
- 1 cup walnuts chopped
- 1 cup butter

## Equipment

- bowl
- pot
- stove

slow cooker

## Directions

If you refrigerated the mashed potatoes, put them back in the soup pot and the stove and reheat, just getting out enough to fill your crock pot as you can refill it later in the party. Put potatoes in crock pot on warm – we used one for white potatoes and one for sweet potatoes. Arrange toppings in bowls and put on mashpotini bar with empty martini glasses and crockpot(s).

Let guests serve themselves!

## Nutrition Facts

 **PROTEIN 13.08%**  **FAT 47.16%**  **CARBS 39.76%**

## Properties

Glycemic Index:30.02, Glycemic Load:18.3, Inflammation Score:-10, Nutrition Score:25.102608722189%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Nutrients (% of daily need)

Calories: 655.45kcal (32.77%), Fat: 35.31g (54.32%), Saturated Fat: 14.46g (90.37%), Carbohydrates: 66.99g (22.33%), Net Carbohydrates: 61.92g (22.52%), Sugar: 48.21g (53.56%), Cholesterol: 93.98mg (31.33%), Sodium: 641.08mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.03g (44.06%), Vitamin A: 12787.39IU (255.75%), Vitamin C: 51.33mg (62.22%), Manganese: 0.8mg (39.79%), Phosphorus: 326.04mg (32.6%), Vitamin B6: 0.61mg (30.3%), Selenium: 19.9µg (28.42%), Calcium: 267.19mg (26.72%), Vitamin B12: 1.36µg (22.72%), Vitamin B2: 0.38mg (22.63%), Vitamin B3: 4.33mg (21.67%), Potassium: 752.93mg (21.51%), Zinc: 3.21mg (21.39%), Copper: 0.41mg (20.35%), Fiber: 5.07g (20.28%), Magnesium: 73.78mg (18.44%), Vitamin B5: 1.64mg (16.36%), Vitamin K: 16.09µg (15.33%), Vitamin B1: 0.23mg (15.31%), Folate: 59.82µg (14.96%), Iron: 2.6mg (14.43%), Vitamin E: 1.43mg

(9.55%), Vitamin D: 0.36µg (2.38%)