



## Montreal Steak Seasoned Mashed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

### Ingredients

- 2 tablespoons bacon bits
- 0.3 cup butter
- 0.5 cup monterrey jack cheese shredded
- 2 ounces cream cheese cut into pieces
- 0.5 teaspoon kosher salt to taste
- 0.3 cup milk
- 2 tablespoons steak seasoning
- 3 pounds potatoes - remove skin red cut into chunks

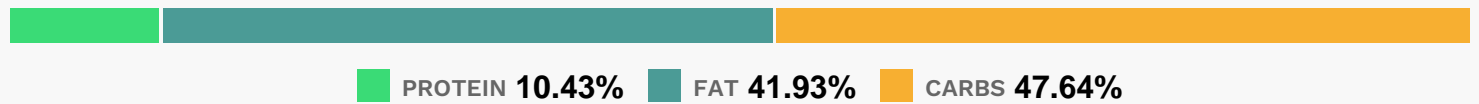
# Equipment

- pot
- potato masher

# Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain.
- Mash the potatoes with a potato masher; mash in butter and cream cheese. Stir in milk, bacon bits, Colby-Jack cheese, and steak seasoning. Season to taste with salt.

# Nutrition Facts



# Properties

Glycemic Index:23.67, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:12.925651980483%

# Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

# Nutrients (% of daily need)

Calories: 316.07kcal (15.8%), Fat: 15.12g (23.27%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 34.42g (12.52%), Sugar: 3.86g (4.29%), Cholesterol: 39.48mg (13.16%), Sodium: 427.13mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.93%), Potassium: 1082.09mg (30.92%), Vitamin C: 19.71mg (23.89%), Vitamin B6: 0.42mg (21.21%), Phosphorus: 210.15mg (21.01%), Manganese: 0.41mg (20.71%), Vitamin K: 18.44µg (17.56%), Fiber: 4.24g (16.98%), Copper: 0.33mg (16.63%), Magnesium: 59.91mg (14.98%), Vitamin B1: 0.21mg (14.07%), Vitamin B3: 2.71mg (13.57%), Calcium: 132.63mg (13.26%), Iron: 2.22mg (12.36%), Folate: 48.46µg (12.11%), Vitamin A: 503.13IU (10.06%), Vitamin B2: 0.15mg (8.83%), Zinc: 1.21mg (8.1%), Vitamin B5: 0.75mg (7.55%), Selenium: 3.87µg (5.53%), Vitamin E: 0.53mg (3.54%), Vitamin B12: 0.2µg (3.3%), Vitamin D: 0.17µg (1.12%)