



No Fuss Smashed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



28 kcal

SIDE DISH

Ingredients

- 1 tsp parsley fresh chopped
- 5 cloves garlic
- 0.3 cup miracle whip dressing
- 0.3 cup parmesan cheese grated kraft
- 2 lb potatoes red unpeeled cut into chunks (5)

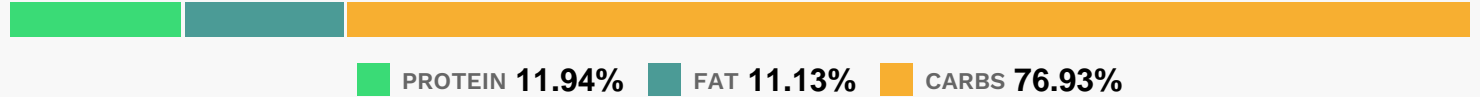
Equipment

- sauce pan

Directions

- Add potatoes and garlic to large saucepan boiling water; cook 20 min. or until tender.
- Drain; return to saucepan.
- Mash potatoes and garlic with dressing and cheese until light and fluffy.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.4617391255401%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 27.8kcal (1.39%), Fat: 0.35g (0.55%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.94g (1.8%), Sugar: 0.69g (0.76%), Cholesterol: 0.98mg (0.33%), Sodium: 42.44mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Potassium: 142.53mg (4.07%), Vitamin C: 2.76mg (3.35%), Vitamin B6: 0.06mg (2.91%), Manganese: 0.05mg (2.59%), Phosphorus: 24.64mg (2.46%), Fiber: 0.58g (2.31%), Copper: 0.04mg (2.12%), Magnesium: 7.07mg (1.77%), Vitamin B3: 0.35mg (1.76%), Vitamin B1: 0.03mg (1.71%), Folate: 5.51µg (1.38%), Iron: 0.24mg (1.31%), Calcium: 11.47mg (1.15%)