



Pepper Jack-Bacon Mashers

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



99 kcal

SIDE DISH

Ingredients

- 2 cups water
- 0.8 cup milk
- 3 tablespoons butter
- 4.7 oz roasted garlic mashed
- 2 oz pepper jack cheese shredded
- 0.3 cup bacon crumbled cooked
- 1 tablespoon parsley fresh chopped
- 1 tablespoon bacon crumbled cooked

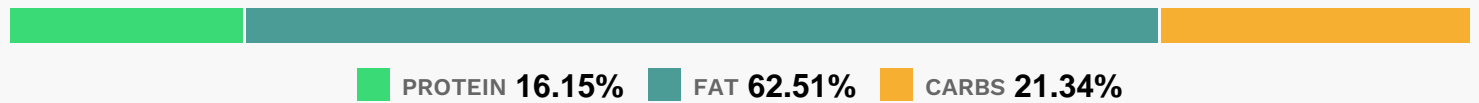
Equipment

sauce pan

Directions

- In 2-quart saucepan, heat milk, water and butter to boiling. Stir in potatoes just until moistened; let stand 1 minute. Stir with fork until smooth. Stir in cheese and bacon.
- Spoon potatoes into serving dish; top with parsley and additional bacon, if desired.

Nutrition Facts



Properties

Glycemic Index:17.7, Glycemic Load:1.58, Inflammation Score:-2, Nutrition Score:4.1626086364622%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 98.74kcal (4.94%), Fat: 7.02g (10.8%), Saturated Fat: 4.02g (25.1%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.1g (1.85%), Sugar: 1.05g (1.16%), Cholesterol: 19.76mg (6.59%), Sodium: 132.05mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Manganese: 0.23mg (11.28%), Vitamin B6: 0.2mg (10.01%), Calcium: 92.29mg (9.23%), Phosphorus: 78.96mg (7.9%), Selenium: 4.89µg (6.99%), Vitamin K: 7.28µg (6.93%), Vitamin C: 4.69mg (5.68%), Vitamin A: 214.4IU (4.29%), Vitamin B2: 0.07mg (4.24%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.52mg (3.47%), Vitamin B12: 0.19µg (3.19%), Potassium: 106.29mg (3.04%), Copper: 0.05mg (2.69%), Vitamin B3: 0.49mg (2.47%), Magnesium: 8.91mg (2.23%), Vitamin B5: 0.21mg (2.05%), Iron: 0.33mg (1.81%), Vitamin D: 0.25µg (1.66%), Fiber: 0.29g (1.17%)