



Ranch Mashed Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



18 kcal

SIDE DISH

Ingredients

- 1 lb baking potatoes peeled cut into chunks (3)
- 1 cup cauliflower florets fresh
- 0.3 cup lite ranch dressing kraft

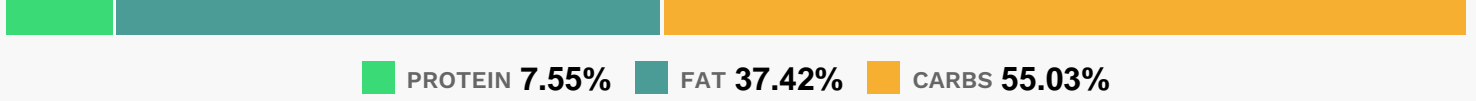
Equipment

- sauce pan

Directions

- Cook vegetables in boiling water in large saucepan 20 min. or until tender; drain.
- Add dressing; mash until vegetable mixture is light and fluffy.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:0.87521738405137%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 18.32kcal (0.92%), Fat: 0.78g (1.2%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.22g (0.24%), Cholesterol: 0.45mg (0.15%), Sodium: 16.95mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin K: 2.97µg (2.83%), Vitamin C: 2.12mg (2.56%), Vitamin B6: 0.05mg (2.52%), Potassium: 63.68mg (1.82%), Manganese: 0.03mg (1.27%), Phosphorus: 11.57mg (1.16%)