



Roasted Garlic Mashed Potatoes with Toppings

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



159 kcal

SIDE DISH

Ingredients

- 8 cups water hot
- 0.8 cup butter
- 3 cups milk
- 18.8 ounces roasted garlic mashed
- 1 serving cheese shredded sour assorted ripe cooked sliced chopped (cheese; bacon pieces; bell peppers, broccoli, avocado, green onions; olives; cream)

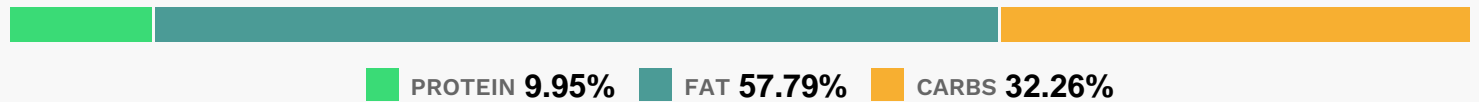
Equipment

- dutch oven
- slow cooker

Directions

- Heat water and butter to boiling in 5-quart Dutch oven; remove from heat.
- Stir in milk and 4 pouches potatoes just until moistened.
- Let stand about 1 minute or until liquid is absorbed. Whip with fork until smooth.
- Spray inside of 3 1/2-quart slow cooker with cooking spray. Spoon mashed potatoes into slow cooker; keep warm over low heat.
- Serve with toppings.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:3.92, Inflammation Score:-5, Nutrition Score:6.9652173467304%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 158.84kcal (7.94%), Fat: 10.59g (16.29%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.6g (4.58%), Sugar: 2.55g (2.84%), Cholesterol: 6.87mg (2.29%), Sodium: 140.28mg (6.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Manganese: 0.56mg (27.97%), Vitamin B6: 0.44mg (22.13%), Calcium: 132.14mg (13.21%), Vitamin C: 10.41mg (12.62%), Phosphorus: 105.82mg (10.58%), Vitamin A: 469.56IU (9.39%), Selenium: 5.9µg (8.42%), Vitamin B2: 0.11mg (6.39%), Vitamin B1: 0.09mg (6.26%), Copper: 0.12mg (5.96%), Potassium: 208mg (5.94%), Vitamin B12: 0.3µg (4.96%), Zinc: 0.64mg (4.25%), Magnesium: 15.67mg (3.92%), Vitamin B5: 0.38mg (3.81%), Vitamin D: 0.51µg (3.4%), Iron: 0.57mg (3.19%), Fiber: 0.7g (2.8%), Vitamin E: 0.38mg (2.55%), Vitamin B3: 0.29mg (1.43%)