



Sally's Spinach Mashed Potatoes

 Vegetarian  Gluten Free  Popular

READY IN



50 min.

SERVINGS



8

CALORIES



350 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 0.3 teaspoon dill weed dried
- 10 ounce pkt spinach frozen chopped
- 1 tablespoon onion chopped
- 6 potatoes peeled chopped
- 1 teaspoon salt
- 1 cup cheddar cheese shredded
- 1 cup cup heavy whipping cream sour

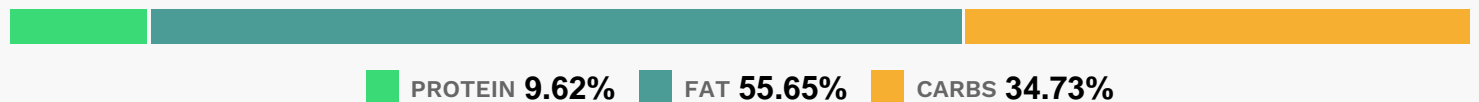
Equipment

- bowl
- oven
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- Cook spinach according to package directions.
- Place potatoes in a pot with enough water to cover, and bring to a boil. Cook 15 minutes, or until tender but firm.
- Drain, cool slightly, and mash.
- In a bowl, mix the spinach, mashed potatoes, butter, sour cream, onion, salt, and dill.
- Transfer to the prepared casserole dish. Top with Cheddar cheese.
- Bake 20 minutes in the preheated oven, until bubbly and lightly brown.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:20.55, Inflammation Score:-10, Nutrition Score:22.209999895614%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 350.14kcal (17.51%), Fat: 22.23g (34.21%), Saturated Fat: 12.96g (81.03%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 26.65g (9.69%), Sugar: 2.56g (2.85%), Cholesterol: 61.59mg (20.53%), Sodium: 519.12mg (22.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.29%), Vitamin K: 136.63µg (130.12%), Vitamin A: 4835.57IU (96.71%), Vitamin C: 33.79mg (40.95%), Vitamin B6: 0.56mg (27.81%), Manganese: 0.5mg (25.1%),

Potassium: 848.3mg (24.24%), Folate: 82.3µg (20.57%), Phosphorus: 198.9mg (19.89%), Calcium: 198.21mg (19.82%), Fiber: 4.57g (18.27%), Magnesium: 70.57mg (17.64%), Vitamin B2: 0.25mg (14.49%), Copper: 0.23mg (11.71%), Vitamin B1: 0.17mg (11.49%), Selenium: 7.82µg (11.16%), Iron: 1.98mg (11.01%), Vitamin E: 1.59mg (10.59%), Vitamin B3: 1.91mg (9.53%), Zinc: 1.29mg (8.61%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.23µg (3.9%)