



Savory Mashed Potatoes

READY IN



45 min.

SERVINGS



5

CALORIES



479 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 0.5 cup round buttery crackers crushed
- ☐ 3 oz cream cheese softened
- ☐ 2 teaspoons chives dried
- ☐ 0.3 cup milk
- ☐ 5 potatoes diced peeled
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.7 cup cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

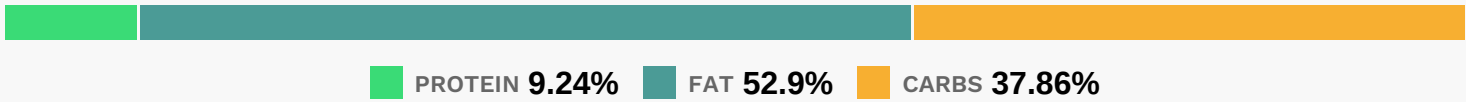
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Cook potatoes in salted water until tender; drain. Beat potatoes, milk, seasoned salt and 2 tablespoons butter in a mixing bowl until fluffy.
- ☐ Mix in sour cream, cream cheese and chives.
- ☐ Pour into greased 13"x9" baking pan.
- ☐ Combine remaining one tablespoon of butter with crushed cracker crumbs; sprinkle on top of potato mixture.
- ☐ Bake, uncovered, at 350 degrees for 30 minutes. Top with shredded cheese during last 10 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:45.15, Glycemic Load:27.81, Inflammation Score:-9, Nutrition Score:18.857391357422%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 479.3kcal (23.96%), Fat: 28.75g (44.24%), Saturated Fat: 15.91g (99.46%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 40.96g (14.89%), Sugar: 5g (5.56%), Cholesterol: 78.91mg (26.3%), Sodium: 524.48mg (22.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.61%), Vitamin C: 55.39mg (67.14%), Vitamin A: 2246.51IU (44.93%), Vitamin B6: 0.72mg (35.89%), Potassium: 1074.15mg (30.69%), Phosphorus: 284.51mg (28.45%), Calcium: 237.48mg (23.75%), Fiber: 5.34g (21.36%), Manganese: 0.39mg (19.72%), Magnesium: 74.58mg (18.65%), Vitamin B2: 0.32mg (18.6%), Vitamin B1: 0.24mg (15.96%), Vitamin B3: 2.74mg (13.68%), Copper: 0.27mg (13.38%), Iron: 2.4mg (13.35%), Selenium: 8.85µg (12.64%), Folate: 48.24µg (12.06%), Zinc: 1.6mg (10.69%), Vitamin

B5: 1.06mg (10.63%), Vitamin K: 9.08µg (8.65%), Vitamin B12: 0.37µg (6.23%), Vitamin E: 0.87mg (5.77%), Vitamin D: 0.22µg (1.5%)