



Slow-Cooker Country Chive and Ranch Smashed Potatoes



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



12

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds potatoes – remove skin red
- ☐ 0.3 cup water
- ☐ 8 ounces condensed cream of potato soup sour
- ☐ 2 tablespoons ranch seasoning (from 1-ounce envelope)
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup frangelico

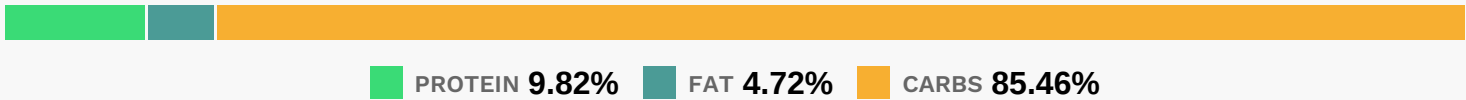
Equipment

- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Cut potatoes into halves or fourths as needed to make similar-size pieces.
- ☐ Place in 5- to 6-quart slow cooker.
- ☐ Add water; mix well to coat all pieces.
- ☐ Cover and cook on Low heat setting 5 to 6 hours.
- ☐ Gently mash potatoes with fork or potato masher. Stir in potato topper, dressing mix (dry) and chives. Stir in half-and-half until potatoes are soft consistency. Potatoes will hold on Low heat setting up to 1 hour; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.3886955950571%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 97.73kcal (4.89%), Fat: 0.52g (0.8%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 19.16g (6.97%), Sugar: 1.8g (2%), Cholesterol: 0.94mg (0.31%), Sodium: 322.61mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Potassium: 539.03mg (15.4%), Vitamin C: 10.24mg (12.41%), Manganese: 0.22mg (10.98%), Vitamin B6: 0.2mg (9.98%), Copper: 0.19mg (9.61%), Fiber: 2.02g (8.1%), Phosphorus: 76.65mg (7.66%), Vitamin B3: 1.39mg (6.95%), Vitamin B1: 0.1mg (6.52%), Magnesium: 25.55mg (6.39%), Folate: 21.66µg (5.42%), Iron: 0.91mg (5.07%), Vitamin K: 5.27µg (5.02%), Vitamin B5: 0.45mg (4.51%), Zinc: 0.47mg (3.16%), Vitamin B2: 0.04mg (2.45%), Calcium: 15.33mg (1.53%), Selenium: 0.93µg (1.33%), Vitamin A: 57.06IU (1.14%)