



Smoky Golden Mashed



Gluten Free

Image not found or type unknown

READY IN

ready

Image not found or type unknown

45 min.

SERVINGS

servings

Image not found or type unknown

4

CALORIES

calories

Image not found or type unknown

190 kcal

SIDE DISH

Ingredients



2.5 ounce bacon pieces



4 ounce buttery golden selects potatoes mashed flavored idahoan®



0.5 cup gouda cheese shredded

Equipment

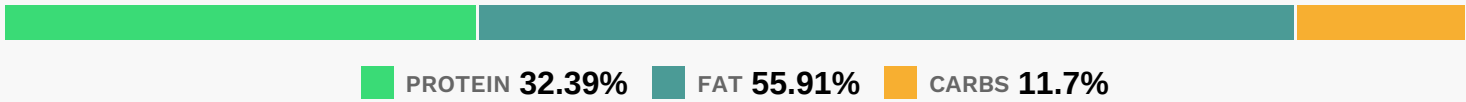
Directions



Follow package direction and prepare mashed potatoes.

Stir in bacon and cheese and serve.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:3.8, Inflammation Score:-1, Nutrition Score:4.7934783023337%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 190.37kcal (9.52%), Fat: 11.92g (18.34%), Saturated Fat: 7.75g (48.41%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.99g (1.81%), Sugar: 0.88g (0.98%), Cholesterol: 59.03mg (19.68%), Sodium: 775.46mg (33.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Calcium: 210.42mg (21.04%), Phosphorus: 177.63mg (17.76%), Zinc: 1.24mg (8.24%), Vitamin B12: 0.46µg (7.59%), Vitamin C: 5.58mg (6.77%), Vitamin B2: 0.11mg (6.34%), Selenium: 4.37µg (6.25%), Vitamin B6: 0.11mg (5.36%), Potassium: 155.14mg (4.43%), Magnesium: 15.1mg (3.77%), Vitamin A: 167.07IU (3.34%), Folate: 10.75µg (2.69%), Fiber: 0.62g (2.49%), Manganese: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.1%), Copper: 0.04mg (2.06%), Vitamin B5: 0.18mg (1.84%), Iron: 0.29mg (1.62%), Vitamin B3: 0.32mg (1.59%), Vitamin K: 1.22µg (1.16%)