



Smoky Mashed Potato Bake

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 2 to 3 chipotle peppers in adobo sauce minced
- ☐ 8 ounce cream cheese fat-free softened
- ☐ 1 cup half-and-half fat-free
- ☐ 3 garlic cloves minced
- ☐ 3 ounces gouda cheese smoked shredded divided
- ☐ 0.5 cup butter light
- ☐ 3.5 pounds new potatoes cut into 1-inch pieces
- ☐ 1 teaspoon olive oil

☐ 0.3 teaspoon salt

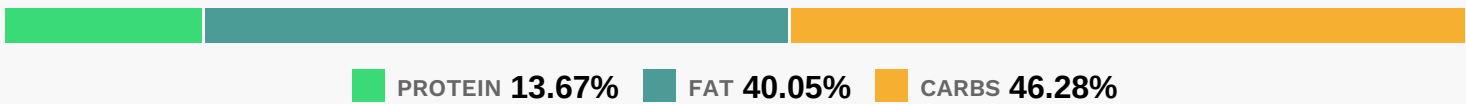
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Saut garlic in hot oil in a small skillet coated with cooking spray over medium-high heat 2 to 3 minutes or until tender. Set aside.
- ☐ Cook potatoes in a Dutch oven in boiling water to cover 30 minutes or until tender; drain.
- ☐ Mash potatoes in a large bowl. Stir in garlic, 1/4 cup Gouda cheese, half-and-half, and next 4 ingredients until blended. Spoon mixture into a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle evenly with remaining 1/2 cup Gouda.
- ☐ Bake at 350 for 30 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:14.07, Glycemic Load:20.44, Inflammation Score:-6, Nutrition Score:12.143913073384%

Flavonoids

Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 278.74kcal (13.94%), Fat: 12.57g (19.34%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 28.87g (10.5%), Sugar: 4.06g (4.51%), Cholesterol: 13.6mg (4.53%), Sodium: 427.35mg (18.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.32%), Vitamin C: 31.74mg (38.48%), Phosphorus: 295.17mg (29.52%), Vitamin B6: 0.51mg (25.66%), Potassium: 798.72mg (22.82%), Calcium: 185.92mg (18.59%), Fiber: 3.81g (15.25%), Manganese: 0.26mg (13.17%), Magnesium: 48.31mg (12.08%), Vitamin B2: 0.2mg (11.79%), Vitamin B1: 0.15mg (10.32%), Vitamin A: 479.45IU (9.59%), Copper: 0.19mg (9.46%), Folate: 36.21µg (9.05%), Zinc: 1.33mg (8.89%), Vitamin B3: 1.77mg (8.84%), Vitamin B5: 0.81mg (8.13%), Vitamin B12: 0.48µg (8.01%), Iron: 1.39mg (7.73%), Selenium: 3.63µg (5.19%), Vitamin K: 3.56µg (3.39%), Vitamin E: 0.46mg (3.07%)