



Swanson® Ultra Creamy Mashed Potatoes

 Vegetarian  Gluten Free  Popular

READY IN



35 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 3.5 cups chicken broth organic swanson® (Regular, Natural or Certified)
- 1 dash ground pepper black generous
- 0.5 cup cup heavy whipping cream light
- 5 large potatoes cut into 1-inch pieces

Equipment

- sauce pan

Directions

- Heat the broth and potatoes in a 3-quart saucepan over medium-high heat to a boil.
- Reduce the heat to medium. Cover and cook for 10 minutes or until the potatoes are tender.
- Drain, reserving the broth.
- Mash the potatoes with 1/4 cup broth, cream, butter and black pepper.
- Add additional broth, if needed, until desired consistency.

Nutrition Facts

 **PROTEIN 8.78%**  **FAT 27.45%**  **CARBS 63.77%**

Properties

Glycemic Index:27.63, Glycemic Load:39.33, Inflammation Score:-6, Nutrition Score:16.699565050395%

Flavonoids

Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 336.66kcal (16.83%), Fat: 10.51g (16.16%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 48.16g (17.51%), Sugar: 3.01g (3.35%), Cholesterol: 34.88mg (11.63%), Sodium: 563.81mg (24.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Vitamin C: 60.7mg (73.57%), Vitamin B6: 0.91mg (45.64%), Potassium: 1339.91mg (38.28%), Fiber: 6.77g (27.08%), Manganese: 0.54mg (26.79%), Phosphorus: 194.05mg (19.41%), Vitamin B1: 0.28mg (18.65%), Magnesium: 73.61mg (18.4%), Vitamin B3: 3.55mg (17.76%), Copper: 0.35mg (17.71%), Iron: 2.5mg (13.91%), Folate: 50.14µg (12.53%), Vitamin B2: 0.21mg (12.11%), Vitamin B5: 0.98mg (9.79%), Zinc: 1.04mg (6.95%), Vitamin A: 327.36IU (6.55%), Vitamin K: 6.73µg (6.41%), Calcium: 57.32mg (5.73%), Vitamin E: 0.37mg (2.46%), Selenium: 1.62µg (2.31%), Vitamin B12: 0.08µg (1.25%)