



Tasty Tex-Mex Mashed Potato Bake

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



356 kcal

SIDE DISH

Ingredients

- 4 pounds baking potatoes
- 0.3 cup butter melted
- 1.3 cups buttermilk
- 4.5 oz chilis green chopped canned
- 0.5 cup chorizo sausage cut cooked finely chopped
- 0.5 cup milk
- 0.5 teaspoon pepper
- 5 oz pepper jack cheese shredded

- 1 teaspoon salt
- 2 teaspoons salt

Equipment

- oven
- ramekin
- baking pan
- potato masher
- dutch oven

Directions

- Peel potatoes; cut into 2-inch pieces. Bring potatoes, 2 tsp. salt, and water to cover to a boil in a large Dutch oven over medium-high heat; boil 20 minutes or until tender.
- Drain. Return potatoes to Dutch oven, reduce heat to low, and cook, stirring occasionally, 3 to 5 minutes or until potatoes are dry.
- Mash potatoes with a potato masher to desired consistency. Stir in warm buttermilk, warm milk, melted butter, pepper, and 1 tsp. salt, stirring just until blended.
- Stir in green chiles, pepper Jack cheese, and chorizo sausage, and spoon the mixture into a lightly greased 2 1/2-qt. baking dish or 8 (10-oz.) ramekins.
- Bake at 350 for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:32.84, Glycemic Load:33.12, Inflammation Score:-6, Nutrition Score:14.27913054176%

Nutrients (% of daily need)

Calories: 356.03kcal (17.8%), Fat: 15.02g (23.1%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 44.46g (14.82%), Net Carbohydrates: 41.21g (14.99%), Sugar: 4.06g (4.51%), Cholesterol: 47.41mg (15.8%), Sodium: 1143.97mg (49.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin B6: 0.84mg (41.95%), Potassium: 1055.16mg (30.15%), Vitamin C: 21.06mg (25.53%), Phosphorus: 254.34mg (25.43%), Calcium:

235.06mg (23.51%), Manganese: 0.38mg (18.92%), Magnesium: 63.54mg (15.89%), Vitamin B1: 0.22mg (14.46%), Vitamin B2: 0.24mg (13.94%), Iron: 2.48mg (13.8%), Fiber: 3.25g (13%), Vitamin B3: 2.52mg (12.59%), Copper: 0.25mg (12.56%), Folate: 45.66µg (11.42%), Vitamin A: 497.66IU (9.95%), Zinc: 1.42mg (9.46%), Vitamin B5: 0.94mg (9.42%), Selenium: 5.28µg (7.54%), Vitamin B12: 0.41µg (6.9%), Vitamin K: 5.38µg (5.13%), Vitamin D: 0.76µg (5.08%), Vitamin E: 0.27mg (1.79%)