



Tracy's Make-Ahead Mashed Potatoes

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



69 kcal

SIDE DISH

Ingredients

- 1 slice oscar mayer bacon crumbled cooked
- 1 cup knudsen cream light sour
- 2 green onions sliced
- 0.5 cup philadelphia 1/3 less fat than cream cheese ()
- 2 tsp onion powder
- 4 lb yukon gold potatoes white cubed peeled (10)

Equipment

- bowl

sauce pan

oven

Directions

Cook potatoes in large saucepan of boiling water 10 to 15 min. or until tender; drain.

Place potatoes in large bowl.

Add sour cream, reduced-fat cream cheese and onion powder; mash until creamy.

Spoon into 2-qt. casserole sprayed with cooking spray. Refrigerate up to 2 days.

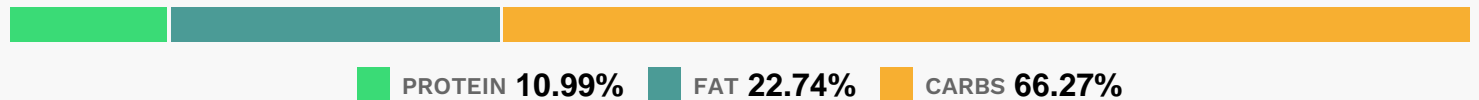
Remove from refrigerator 30 min. before baking.

Heat oven to 350F.

Bake potatoes 1 hour or until heated through.

Sprinkle with bacon and onions.

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:7.75, Inflammation Score:-2, Nutrition Score:3.6043478619793%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 68.9kcal (3.44%), Fat: 1.77g (2.73%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 10.25g (3.73%), Sugar: 0.75g (0.83%), Cholesterol: 5.33mg (1.78%), Sodium: 29.45mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 12.17mg (14.75%), Vitamin B6: 0.19mg (9.27%), Potassium: 285.99mg (8.17%), Fiber: 1.38g (5.5%), Manganese: 0.1mg (4.82%), Phosphorus: 47.86mg (4.79%), Magnesium: 15.43mg (3.86%), Vitamin B1: 0.06mg (3.75%), Copper: 0.07mg (3.49%), Vitamin B3: 0.68mg (3.41%), Folate: 11.89µg (2.97%), Iron: 0.5mg (2.81%), Vitamin K: 2.89µg (2.76%), Calcium: 25.21mg (2.52%), Vitamin B2: 0.04mg (2.2%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.25mg (1.7%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 56.68IU (1.13%), Selenium: 0.75µg (1.08%)