



Twice Baked Mashed Potatoes



Gluten Free

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READY IN

ready

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55 min.

SERVINGS

servings

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10

CALORIES

calories

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331 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon bacon bits to taste
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 8 ounce cream cheese softened
- ☐ 3 cups cheddar-monterey jack cheese blend shredded divided
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 6 yukon gold potatoes peeled

Equipment

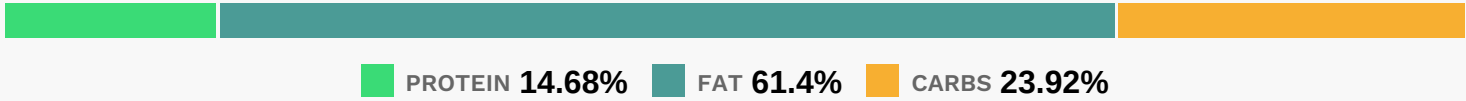
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 20 to 25 minutes.
- ☐ Drain and transfer to a large bowl.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mash potatoes with 1/4 cup butter until butter is melted. Beat sour cream and cream cheese into potato mixture until smooth; mix in 2 cups Cheddar-Monterey Jack cheese.
- ☐ Spread potato mixture into a 9x13-inch baking dish; sprinkle with remaining 1 cup Cheddar-Monterey Jack cheese, 2 tablespoons butter pieces, and bacon bits.
- ☐ Bake in the preheated oven until bubbling, cheese is melted, and edges are crisp, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:13.45, Inflammation Score:-6, Nutrition Score:10.301304418108%

Flavonoids

Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 330.54kcal (16.53%), Fat: 22.85g (35.15%), Saturated Fat: 13.71g (85.7%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 17.72g (6.44%), Sugar: 2.21g (2.46%), Cholesterol: 65.88mg (21.96%), Sodium: 314.69mg (13.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Calcium: 300.13mg (30.01%), Vitamin C: 20.21mg (24.5%), Phosphorus: 243.85mg (24.39%), Vitamin B6: 0.35mg (17.29%), Potassium: 502.88mg (14.37%), Vitamin A: 708.94IU (14.18%), Vitamin B2: 0.24mg (13.99%), Selenium: 7.68µg (10.97%), Zinc: 1.48mg (9.87%), Fiber: 2.32g (9.26%), Magnesium: 36.53mg (9.13%), Manganese: 0.16mg (8.18%), Vitamin B1: 0.1mg (6.57%), Copper: 0.13mg (6.55%), Folate: 26.13µg (6.53%), Vitamin B12: 0.37µg (6.14%), Iron: 1.08mg (5.99%), Vitamin B3:

1.15mg (5.75%), Vitamin B5: 0.54mg (5.44%), Vitamin K: 3.63µg (3.46%), Vitamin E: 0.45mg (3%), Vitamin D: 0.2µg (1.36%)