



Twice-Baked Mashed Potatoes



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup cheddar grated
- ☐ 3 green onions chopped
- ☐ 0.5 cup milk
- ☐ 4 russet potatoes
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup butter unsalted plus more for greasing 1 stick

Equipment

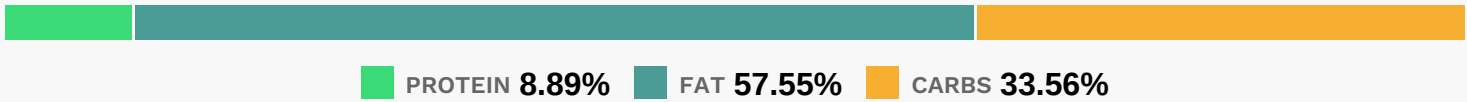
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Bake the potatoes until tender, 1 hour.
- ☐ Let cool enough to handle, and then scoop out the flesh into a medium bowl. Warm the butter and milk together in the microwave until the butter is just melted and the milk is warm.
- ☐ Add half the butter and milk to the potatoes and mash well with a potato masher or fork.
- ☐ Add the green onions and 1/2 cup Cheddar, and blend well with the potato masher, adding more of the remaining milk and butter if too dry. Season with salt and pepper.
- ☐ Reduce the oven to 350 degrees F. Spoon the potatoes into a greased 1 1/2-quart baking dish and bake 15 minutes.
- ☐ Add the remaining 1/4 cup Cheddar on top and bake an additional 15 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:31.1, Inflammation Score:-7, Nutrition Score:14.969565329344%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 479.59kcal (23.98%), Fat: 31.39g (48.29%), Saturated Fat: 19.27g (120.44%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 38.14g (13.87%), Sugar: 3.08g (3.43%), Cholesterol: 85.85mg (28.62%), Sodium: 165.39mg (7.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin B6: 0.77mg (38.74%), Potassium: 983.25mg (28.09%), Phosphorus: 255.29mg (25.53%), Vitamin K: 25.21µg (24.01%), Calcium: 228.73mg

(22.87%), Vitamin A: 1063.2IU (21.26%), Manganese: 0.37mg (18.3%), Vitamin C: 13.83mg (16.77%), Magnesium: 60.91mg (15.23%), Vitamin B1: 0.2mg (13.62%), Vitamin B2: 0.22mg (13.11%), Fiber: 3.03g (12.11%), Copper: 0.24mg (12%), Vitamin B3: 2.31mg (11.54%), Iron: 2.01mg (11.19%), Selenium: 7.77µg (11.1%), Zinc: 1.58mg (10.55%), Folate: 40.9µg (10.22%), Vitamin B5: 0.88mg (8.82%), Vitamin B12: 0.44µg (7.29%), Vitamin E: 0.9mg (6.03%), Vitamin D: 0.89µg (5.92%)