



## Ultimate Creamy Party Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



142 kcal

SIDE DISH

### Ingredients

- 4 cups water
- 1.5 cups milk
- 6 tablespoons butter cut into pieces
- 9.4 oz roasted garlic mashed
- 6 oz cream cheese cut into pieces (from 8 oz package)
- 0.3 teaspoon pepper black
- 0.5 cup fried onions french
- 1 tablespoon parsley fresh chopped

## Equipment

- sauce pan
- oven

## Directions

- Heat oven to 375°F. In 3-quart saucepan, heat water, milk, and butter to boiling; remove from heat. Stir in 2 pouches potatoes, cream cheese and pepper. Spoon into ungreased 2-quart casserole.
- Bake immediately, or cover and refrigerate up to 24 hours.
- Bake uncovered 20 to 25 minutes or until hot.
- Sprinkle with onions; bake 5 minutes longer or until onions are golden.
- Sprinkle with parsley.

## Nutrition Facts

**PROTEIN 7.87%** **FAT 67.35%** **CARBS 24.78%**

## Properties

Glycemic Index:14.93, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:4.683043503243%

## Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 142.28kcal (7.11%), Fat: 10.95g (16.85%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.65g (3.15%), Sugar: 1.91g (2.12%), Cholesterol: 28.31mg (9.44%), Sodium: 110.11mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Manganese: 0.33mg (16.28%), Vitamin B6: 0.26mg (12.97%), Calcium: 82.41mg (8.24%), Vitamin C: 6.32mg (7.66%), Vitamin A: 381.44IU (7.63%), Phosphorus: 70.19mg (7.02%), Selenium: 4.31µg (6.15%), Vitamin K: 5.82µg (5.54%), Vitamin B2: 0.09mg (5.14%), Potassium: 135.08mg (3.86%), Vitamin B1: 0.06mg (3.74%), Copper: 0.07mg (3.55%), Vitamin B12: 0.18µg (2.97%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.4mg (2.7%), Magnesium: 9.99mg (2.5%), Iron: 0.36mg (2%), Vitamin D: 0.29µg (1.92%), Vitamin E: 0.27mg (1.83%), Fiber: 0.42g (1.67%)