



## Ultimate Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



197 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 3.5 cups chicken broth organic swanson® natural goodness® (Regular, or Certified )
- ☐ 3 slices bacon crumbled cooked for garnish (reserve some )
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 dash pepper black generous
- ☐ 0.5 cup cream light
- ☐ 5 large potatoes peeled cut into 1-inch pieces ( 7 1/2 cups)
- ☐ 0.5 cup cream sour

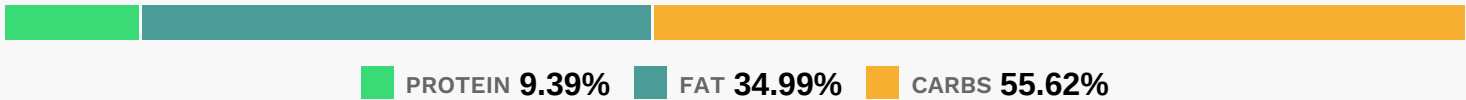
# Equipment

- ☐ sauce pan
- ☐ colander

# Directions

- ☐ Heat the broth and potatoes in a 3-quart saucepan over medium-high heat to a boil.
- ☐ Reduce the heat to medium. Cover and cook for 10 minutes or until the potatoes are tender.
- ☐ Drain the potatoes well in a colander, reserving the broth.
- ☐ Mash the potatoes with 1/4 cup reserved broth, light cream, sour cream, chives, butter, bacon and black pepper.
- ☐ Add the additional reserved broth, if needed, until desired consistency.
- ☐ Garnish with the remaining bacon.

# Nutrition Facts



# Properties

Glycemic Index:17.56, Glycemic Load:19.67, Inflammation Score:-4, Nutrition Score:9.1221739338792%

# Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

# Nutrients (% of daily need)

Calories: 196.91kcal (9.85%), Fat: 7.82g (12.03%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 24.57g (8.94%), Sugar: 1.85g (2.05%), Cholesterol: 25.08mg (8.36%), Sodium: 318.5mg (13.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin C: 30.92mg (37.48%), Vitamin B6: 0.47mg (23.61%), Potassium: 694.38mg (19.84%), Manganese: 0.27mg (13.63%), Fiber: 3.41g (13.62%), Phosphorus: 112.55mg (11.26%), Vitamin B1: 0.15mg (10.25%), Vitamin B3: 2mg (10%), Magnesium: 38.73mg (9.68%), Copper: 0.18mg (9.11%), Vitamin B2: 0.12mg (7.33%), Iron: 1.29mg (7.17%), Folate: 26.52µg (6.63%), Vitamin B5: 0.55mg (5.47%), Vitamin A: 260.4IU (5.21%), Vitamin K: 5.29µg (5.03%), Zinc: 0.62mg (4.12%), Calcium: 39.33mg (3.93%), Selenium: 2.18µg (3.12%), Vitamin E: 0.23mg (1.54%), Vitamin B12: 0.08µg (1.33%)