



Ultimate Mashed Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons barbeque sauce sweet (such as Baby Ray's®)
- ☐ 0.5 cup butter room temperature
- ☐ 0.5 cup carrots cut into 1 inch pieces
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon marjoram dried
- ☐ 4 cloves garlic halved
- ☐ 1 pinch ground pepper black
- ☐ 2 cups milk hot

- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 cup popcorn chicken hot
- ☐ 5 pounds potatoes red cut into chunks
- ☐ 1 tablespoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 teaspoons worcestershire sauce

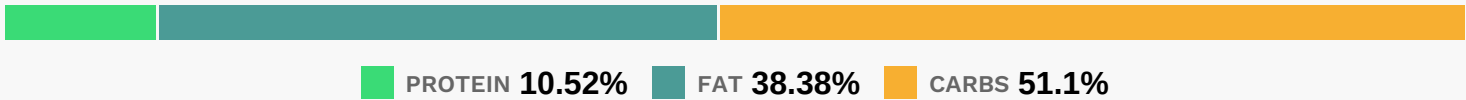
Equipment

- ☐ pot

Directions

- ☐ Place the potatoes, carrots, and garlic into a large pot and cover with water. Season with salt, black pepper, paprika, onion powder, thyme, basil, oregano, and marjoram. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Return the potatoes to the pot, and mash until smooth. Fold in the butter, Cheddar cheese, Worcestershire sauce, barbeque sauce, and popcorn chicken until the cheese has melted. Stir in the hot milk until absorbed and serve.

Nutrition Facts



Properties

Glycemic Index:36.1, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:18.288260791613%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 397.19kcal (19.86%), Fat: 17.39g (26.75%), Saturated Fat: 10.19g (63.71%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 46.65g (16.96%), Sugar: 8.68g (9.64%), Cholesterol: 49.97mg (16.66%), Sodium: 1159.31mg (50.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Potassium: 1473.48mg (42.1%), Vitamin A: 2042.34IU (40.85%), Vitamin C: 26.12mg (31.67%), Vitamin B6: 0.59mg (29.68%), Phosphorus: 289.76mg (28.98%), Manganese: 0.49mg (24.35%), Fiber: 5.44g (21.74%), Copper: 0.41mg (20.51%), Vitamin B3: 3.97mg (19.83%), Magnesium: 78.11mg (19.53%), Vitamin B1: 0.28mg (18.91%), Calcium: 176.05mg (17.6%), Iron: 2.63mg (14.62%), Vitamin K: 14.85µg (14.14%), Folate: 56.53µg (14.13%), Vitamin B2: 0.23mg (13.78%), Vitamin B5: 1.18mg (11.76%), Zinc: 1.64mg (10.91%), Selenium: 6.05µg (8.64%), Vitamin B12: 0.45µg (7.49%), Vitamin D: 0.73µg (4.85%), Vitamin E: 0.68mg (4.56%)