



Ultimate Slow-Cooker Potatoes

 Gluten Free

READY IN



105 min.

SERVINGS



12

CALORIES



212 kcal

SIDE DISH

Ingredients

- 3 cups water boiling
- 1.5 cups milk
- 0.5 cup butter cut into pieces
- 0.5 cup cream sour
- 8 oz cream cheese cut into cubes
- 1 teaspoon garlic salt
- 0.3 teaspoon pepper
- 3 cups potatoes mashed

1 serving parsley fresh chopped

1 serving frangelico

Equipment

bowl

whisk

slow cooker

Directions

Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.

In cooker, mix boiling water, milk, butter, sour cream and cream cheese with whisk until blended.

Add garlic salt, pepper and dry potatoes; mix just until blended.






Cover; cook on Low heat setting 1 hour 30 minutes, stirring once after 1 hour.

Before serving, stir potatoes.

Serve immediately, or hold in slow cooker on Low heat setting up to 3 hours, stirring every 30 minutes. If potatoes become too thick, stir in additional milk, about 2 tablespoons at a time.

Serve with gravy or sprinkle with chopped parsley.

Nutrition Facts

  
 **PROTEIN 6.58%**  **FAT 70.81%**  **CARBS 22.61%**

Properties

Glycemic Index:17.73, Glycemic Load:7.55, Inflammation Score:-5, Nutrition Score:5.5691303999528%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 212.08kcal (10.6%), Fat: 17g (26.16%), Saturated Fat: 6.95g (43.42%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 11.04g (4.01%), Sugar: 2.92g (3.24%), Cholesterol: 28.4mg (9.47%), Sodium: 363.19mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin A: 730.62IU (14.61%), Vitamin C: 10.89mg (13.2%), Vitamin B6: 0.19mg (9.46%), Phosphorus: 90.67mg (9.07%), Potassium: 310.11mg (8.86%), Calcium: 77.2mg (7.72%), Vitamin B2: 0.12mg (7.2%), Vitamin K: 7.16µg (6.82%), Magnesium: 19.51mg (4.88%), Fiber: 1.18g (4.71%), Manganese: 0.09mg (4.55%), Vitamin B1: 0.07mg (4.44%), Vitamin B5: 0.42mg (4.19%), Vitamin B12: 0.24µg (3.93%), Selenium: 2.72µg (3.89%), Copper: 0.07mg (3.64%), Vitamin E: 0.52mg (3.44%), Vitamin B3: 0.62mg (3.09%), Folate: 11.28µg (2.82%), Zinc: 0.41mg (2.76%), Iron: 0.46mg (2.57%), Vitamin D: 0.34µg (2.24%)