



Wacky Mashed Potatoes



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese soft
- ☐ 3 green onions sliced
- ☐ 1.3 cups milk
- ☐ 0.3 teaspoon pepper
- ☐ 2.7 cups potatoes frozen mashed
- ☐ 0.5 teaspoon salt

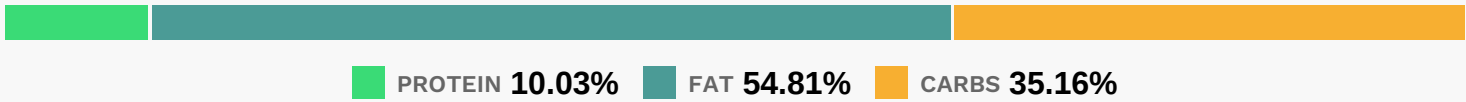
Equipment

- ☐ whisk

Directions

- ☐ Prepare potatoes with milk according to package directions, stirring with a wire whisk. Stir in cream cheese, green onions, salt, and pepper.
- ☐ Let stand 5 minutes or until cool enough to mound. To serve, spoon mashed potatoes into ice cream cones, if you'd like.

Nutrition Facts



Properties

Glycemic Index:53.19, Glycemic Load:20.34, Inflammation Score:-7, Nutrition Score:13.583478233089%

Flavonoids

Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 358.24kcal (17.91%), Fat: 22.25g (34.24%), Saturated Fat: 13.01g (81.29%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 28.78g (10.47%), Sugar: 7.35g (8.16%), Cholesterol: 67.03mg (22.34%), Sodium: 509.49mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.32%), Vitamin C: 29.27mg (35.48%), Vitamin B6: 0.5mg (25.01%), Potassium: 812.8mg (23.22%), Phosphorus: 226.14mg (22.61%), Vitamin K: 22.93µg (21.84%), Vitamin A: 986.44IU (19.73%), Calcium: 179.05mg (17.91%), Vitamin B2: 0.29mg (17.35%), Fiber: 3.35g (13.38%), Manganese: 0.25mg (12.74%), Magnesium: 49.08mg (12.27%), Vitamin B1: 0.18mg (11.71%), Vitamin B5: 1.05mg (10.49%), Selenium: 6.9µg (9.86%), Vitamin B12: 0.56µg (9.4%), Copper: 0.17mg (8.58%), Folate: 33.28µg (8.32%), Vitamin B3: 1.66mg (8.31%), Iron: 1.3mg (7.23%), Zinc: 1.06mg (7.07%), Vitamin D: 0.89µg (5.96%), Vitamin E: 0.59mg (3.95%)