

Loaded Smashed Taters

Andrea Quinoz - Chicago, IL
Taste of Home Magazine - December 2013

Servings: 8

2 1/2 pounds baby Yukon Gold potatoes
1 cup 2% milk, warmed
1/2 cup spreadable garlic and herb cream cheese
3 tablespoons butter, softened
1 pound bacon strips, cooked and crumbled
1 cup (4 ounce) cheddar cheese, shredded
1/2 cup Parmesan cheese, shredded
3 green onions, chopped
1/3 cup oil-packed sun-dried tomatoes, chopped
2 teaspoons dried parsley flakes
1/4 teaspoon salt
1/4 teaspoon pepper

Preparation Time: 20 minutes

Cook Time: 20 minutes

Place potatoes in a large saucepan, add water to cover. Bring to a boil. Reduce the heat and cook, uncovered, for 15 to 20 minutes or until tender.

Drain and return to the pan. Lightly mash the potatoes, gradually adding the milk, cream cheese and butter to reach the desired consistency.

Stir in the bacon, cheeses, green onions, tomatoes, parsley, salt and pepper.

Per Serving (excluding unknown items): 462 Calories; 39g Fat (76.8% calories from fat); 24g Protein; 3g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 1213mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 462 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 76.8% | Vitamin B12 (mcg): | 1.3mcg |
| % Calories from Carbohydrates: | 2.2% | Thiamin B1 (mg): | .4mg |
| % Calories from Protein: | 21.0% | Riboflavin B2 (mg): | .2mg |
| Total Fat (g): | 39g | Folacin (mcg): | 11mcg |
| Saturated Fat (g): | 17g | Niacin (mg): | 4mg |
| | | Caffeine (mg): | 0mg |

Monounsaturated Fat (g): 17g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 81mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 24g
Sodium (mg): 1213mg
Potassium (mg): 360mg
Calcium (mg): 221mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 20mg
Vitamin A (i.u.): 432IU
Vitamin A (r.e.): 115 1/2RE

Alcohol (kcal): 0
% Daily Values*

Food Exchanges

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 462 **Calories from Fat:** 355

% Daily Values*

| | | |
|----------------------------|--------|-----|
| Total Fat | 39g | 60% |
| Saturated Fat | 17g | 84% |
| Cholesterol | 81mg | 27% |
| Sodium | 1213mg | 51% |
| Total Carbohydrates | 3g | 1% |
| Dietary Fiber | trace | 1% |
| Protein | 24g | |
| Vitamin A | | 9% |
| Vitamin C | | 34% |
| Calcium | | 22% |
| Iron | | 6% |

* Percent Daily Values are based on a 2000 calorie diet.