



Buffet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 3 ounce cream cheese softened
- ☐ 12 large mushrooms fresh sliced
- ☐ 0.3 cup milk
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 6 pounds potatoes peeled chopped
- ☐ 1.5 teaspoons salt

☐ 0.5 cup cup heavy whipping cream sour

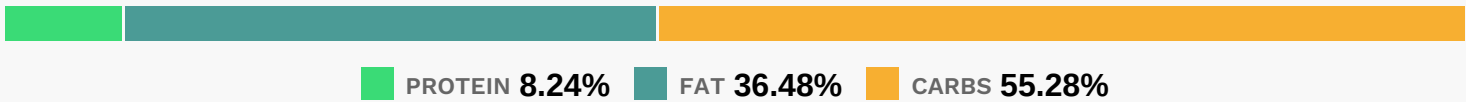
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Bring potato and water to cover to a boil in a large Dutch oven; boil 15 minutes or until tender.
- ☐ Drain and mash. Stir in 1/4 cup butter, cream cheese, and next 4 ingredients until smooth.
- ☐ Melt remaining 1/4 cup butter in a large skillet over medium heat; add onion and mushrooms, and saute until tender.
- ☐ Spoon one-third of potato mixture into a lightly greased 2 1/2-quart baking dish; top with half of mushroom mixture. Repeat layers, ending with potato mixture.
- ☐ Bake at 350 for 30 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:28.98, Glycemic Load:35.48, Inflammation Score:-7, Nutrition Score:16.780000129472%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 357.86kcal (17.89%), Fat: 14.91g (22.94%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 44.35g (16.13%), Sugar: 4.15g (4.61%), Cholesterol: 40.51mg (13.5%), Sodium: 472.56mg (20.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Vitamin C: 55.11mg (66.8%), Vitamin B6: 0.86mg (42.93%), Potassium: 1288.48mg (36.81%), Fiber: 6.48g (25.9%), Manganese: 0.46mg (22.98%), Phosphorus: 208.94mg (20.89%), Copper: 0.39mg (19.56%), Vitamin B3: 3.91mg (19.54%), Magnesium: 69.23mg

(17.31%), Vitamin B1: 0.25mg (16.9%), Vitamin B2: 0.25mg (14.84%), Vitamin B5: 1.36mg (13.56%), Folate: 52.14µg (13.03%), Iron: 2.32mg (12.87%), Vitamin A: 485.59IU (9.71%), Zinc: 1.07mg (7.13%), Selenium: 4.83µg (6.9%), Calcium: 66.77mg (6.68%), Vitamin K: 6.54µg (6.23%), Vitamin E: 0.42mg (2.78%), Vitamin B12: 0.11µg (1.77%)