

Caramelized Onions in Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 6 tablespoons butter divided
- 1 Dash ground pepper
- 2 ounces cream cheese softened
- 0.3 cup half and half
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 4 large potatoes peeled quartered

- 0.5 teaspoon salt
- 0.1 teaspoon lawry's seasoned salt
- 0.3 cup cream sour

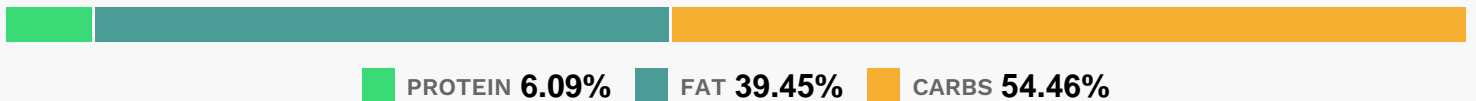
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place potatoes in a large saucepan and cover with water; add seasoned salt. Bring to a boil. Reduce heat; cover and cook for 15–20 minutes or until tender.
- Meanwhile, in a small skillet, melt 4 tablespoons butter.
- Add onion; cook until slightly softened.
- Sprinkle with brown sugar; cook until brown sugar is bubbly and onion is tender.
- Drain potatoes; transfer to a large bowl.
- Add the sour cream, half-and-half, cream cheese, salt, pepper, cayenne and remaining butter; mash until smooth. Stir in the onion mixture.

Nutrition Facts



Properties

Glycemic Index:31.47, Glycemic Load:23.85, Inflammation Score:-6, Nutrition Score:10.659999945889%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 308.66kcal (15.43%), Fat: 13.86g (21.32%), Saturated Fat: 8.38g (52.37%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 38.86g (14.13%), Sugar: 11.53g (12.81%), Cholesterol: 38.03mg (12.68%), Sodium:

292.94mg (12.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin C: 37mg (44.85%), Vitamin B6: 0.57mg (28.42%), Potassium: 833.21mg (23.81%), Fiber: 4.18g (16.73%), Manganese: 0.3mg (15.17%), Phosphorus: 132.12mg (13.21%), Magnesium: 46.57mg (11.64%), Copper: 0.21mg (10.52%), Vitamin B1: 0.16mg (10.47%), Vitamin B3: 1.99mg (9.96%), Vitamin A: 453.25IU (9.06%), Iron: 1.54mg (8.58%), Folate: 32.65µg (8.16%), Vitamin B5: 0.67mg (6.73%), Vitamin B2: 0.11mg (6.57%), Calcium: 58.72mg (5.87%), Vitamin K: 4.72µg (4.49%), Zinc: 0.66mg (4.38%), Selenium: 2.01µg (2.87%), Vitamin E: 0.38mg (2.56%), Vitamin B12: 0.07µg (1.13%)