



Day Before Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



530 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 6 ounces cream cheese
- 0.3 teaspoon ground pepper black
- 2 teaspoons onion powder
- 9 potatoes cubed peeled
- 1 teaspoon salt
- 1 cup cup heavy whipping cream sour

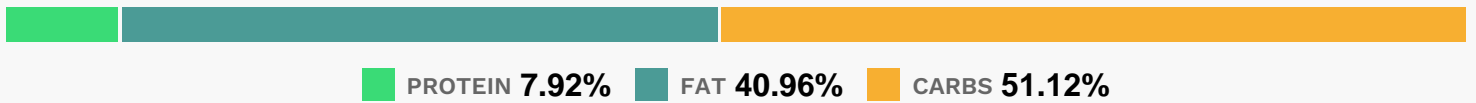
Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Bring a large pot of salted water to a boil. Drop in potatoes, and cook until tender but still firm, about 15 minutes.
- Transfer potatoes to a large bowl, and mash until smooth.
- Mix in the cream cheese, sour cream, onion powder, salt, pepper and butter. Cover, and refrigerate 8 hours, or overnight.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- Spread potato mixture into the prepared baking dish, and bake in the preheated oven about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:30.97, Inflammation Score:-6, Nutrition Score:13.983478354371%

Flavonoids

Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 342.81kcal (17.14%), Fat: 15.95g (24.54%), Saturated Fat: 9.06g (56.64%), Carbohydrates: 44.81g (14.93%), Net Carbohydrates: 39.44g (14.34%), Sugar: 3.68g (4.09%), Cholesterol: 45.96mg (15.32%), Sodium: 403.62mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin C: 47.58mg (57.67%), Vitamin B6: 0.73mg (36.72%), Potassium: 1079.48mg (30.84%), Fiber: 5.36g (21.45%), Manganese: 0.39mg (19.37%), Phosphorus: 183.74mg (18.37%), Magnesium: 60.65mg (15.16%), Vitamin B1: 0.2mg (13.66%), Copper: 0.27mg (13.59%), Vitamin B3: 2.58mg (12.88%), Vitamin A: 557.26IU (11.15%), Iron: 1.94mg (10.79%), Folate: 42.41µg (10.6%), Vitamin B2: 0.18mg (10.33%), Vitamin B5: 0.94mg (9.35%), Calcium: 81.63mg (8.16%), Zinc: 0.92mg (6.14%), Vitamin K: 5.8µg (5.52%), Selenium: 3.72µg (5.32%), Vitamin E: 0.4mg (2.66%), Vitamin B12: 0.11µg (1.89%)