



Dutch Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



289 kcal

SIDE DISH

Ingredients

- 2 cups potatoes cubed peeled
- 1 cup carrots fresh sliced
- 0.3 cup onion chopped
- 2 teaspoons butter
- 0.3 cup cream sour
- 0.3 teaspoon salt
- 1 serving chives minced

Equipment

frying pan

sauce pan

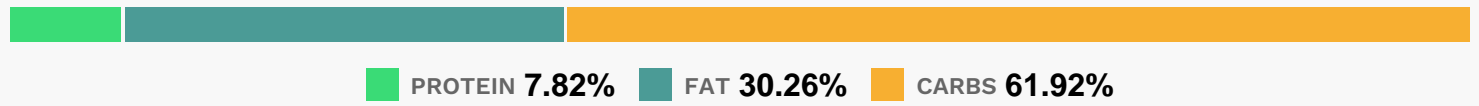
Directions

Place potatoes and carrots in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10–15 minutes or until tender. Meanwhile, saute onion in butter in a small skillet for 8–10 minutes or until golden brown.

Drain potatoes and carrots; mash. Beat in the onion, sour cream and salt.

Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:126.29, Glycemic Load:29.31, Inflammation Score:-10, Nutrition Score:18.723913063174%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 288.86kcal (14.44%), Fat: 10g (15.38%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 39.28g (14.28%), Sugar: 6.51g (7.24%), Cholesterol: 27.71mg (9.24%), Sodium: 389.32mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin A: 11022.27IU (220.45%), Vitamin C: 47.18mg (57.18%), Vitamin B6: 0.74mg (37.22%), Potassium: 1156.78mg (33.05%), Fiber: 6.76g (27.06%), Manganese: 0.44mg (22.22%), Phosphorus: 171.24mg (17.12%), Magnesium: 61.17mg (15.29%), Vitamin B1: 0.23mg (15.06%), Vitamin B3: 2.9mg (14.49%), Vitamin K: 14.36µg (13.68%), Copper: 0.27mg (13.48%), Folate: 51.96µg (12.99%), Iron: 1.9mg (10.58%), Vitamin B2: 0.16mg (9.43%), Vitamin B5: 0.92mg (9.25%), Calcium: 81.8mg (8.18%), Zinc: 0.9mg (6%), Vitamin E: 0.67mg (4.49%), Selenium: 1.91µg (2.73%), Vitamin B12: 0.07µg (1.15%)