



Horseradish and Sour Cream Mashed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



390 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 8 servings chives fresh chopped for garnish
- ☐ 3 tablespoons horseradish fresh grated
- ☐ 4 pounds golden creamer potatoes
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 1 stick butter unsalted
- ☐ 2 tablespoons cooking water

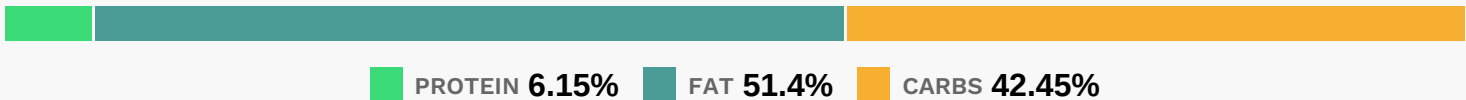
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Put the potatoes into a large pot, add the bay leaves, 2 tablespoons salt, and cover with cold water. Bring to a boil over medium-high heat and cook until the potatoes are tender, about 20 minutes.
- ☐ Remove the bay leaves and drain the water from the potatoes, reserving 2 tablespoons cooking water. Smash potatoes in a large mixing bowl.
- ☐ Add the sour cream, butter, horseradish and season well with salt and pepper.
- ☐ Garnish with chopped fresh chives.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:29.02, Inflammation Score:-7, Nutrition Score:13.873912992685%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 390.39kcal (19.52%), Fat: 22.83g (35.12%), Saturated Fat: 13.13g (82.04%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 37.37g (13.59%), Sugar: 3.76g (4.17%), Cholesterol: 64.29mg (21.43%), Sodium: 33.23mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin C: 45.79mg (55.5%), Vitamin B6: 0.7mg (34.76%), Potassium: 1034.5mg (29.56%), Fiber: 5.05g (20.19%), Manganese: 0.37mg (18.62%), Phosphorus: 177.13mg (17.71%), Vitamin A: 761.37IU (15.23%), Magnesium: 58.85mg (14.71%), Copper: 0.26mg (13.06%), Vitamin B1: 0.19mg (12.97%), Vitamin B3: 2.46mg (12.29%), Vitamin B2: 0.18mg (10.32%), Folate: 41.27µg (10.32%), Iron: 1.85mg (10.27%), Calcium: 90.36mg (9.04%), Vitamin B5: 0.88mg (8.85%), Vitamin K: 8.45µg (8.05%), Zinc: 0.87mg (5.79%), Selenium: 2.96µg (4.23%), Vitamin E: 0.57mg (3.81%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.21µg (1.41%)