

# Make-Ahead Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



239 kcal

SIDE DISH

## Ingredients

- 6 ounce cream cheese
- 12 servings pepper black to taste
- 0.5 cup milk
- 2 teaspoons onion salt
- 8 ounces cream sour
- 5 pounds yukon gold potatoes cubed

## Equipment

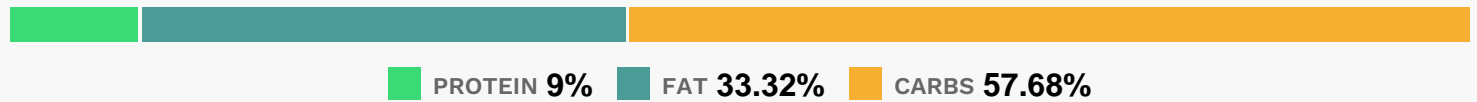
- bowl

- oven
- pot
- casserole dish

## Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Place potatoes in a large pot of lightly salted water. Bring to a boil, and cook until tender, about 15 minutes.
- Drain, and mash.
- In a large bowl, mix mashed potatoes, cream cheese, sour cream, milk, onion salt, and pepper.
- Transfer to a large casserole dish.
- Cover, and bake for 50 minutes in the preheated oven.

## Nutrition Facts



## Properties

Glycemic Index:15.06, Glycemic Load:24.57, Inflammation Score:-5, Nutrition Score:10.960434789243%

## Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 238.91kcal (11.95%), Fat: 9.04g (13.91%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 31.03g (11.28%), Sugar: 3.14g (3.49%), Cholesterol: 26.69mg (8.9%), Sodium: 453.17mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Vitamin C: 37.4mg (45.34%), Vitamin B6: 0.58mg (28.99%), Potassium: 854.67mg (24.42%), Fiber: 4.18g (16.73%), Manganese: 0.31mg (15.35%), Phosphorus: 147.69mg (14.77%), Magnesium: 48.04mg (12.01%), Vitamin B1: 0.16mg (10.94%), Copper: 0.21mg (10.59%), Vitamin B3: 2.03mg (10.17%), Iron: 1.52mg (8.42%), Vitamin B2: 0.14mg (8.18%), Folate: 32.67µg (8.17%), Vitamin B5: 0.74mg (7.43%), Calcium: 68.71mg (6.87%), Vitamin A: 328.91IU (6.58%), Zinc: 0.73mg (4.83%), Vitamin K: 4.37µg (4.16%), Selenium: 2.68µg (3.83%), Vitamin B12: 0.13µg (2.1%), Vitamin E: 0.22mg (1.46%)