

Make-Ahead Potatoes

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



12

CALORIES



399 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter divided
- 8 ounces cream cheese softened
- 2 tablespoons dehydrated onion dried minced
- 12 servings paprika
- 10 large potatoes peeled quartered
- 0.5 teaspoon salt
- 8 ounces cream sour

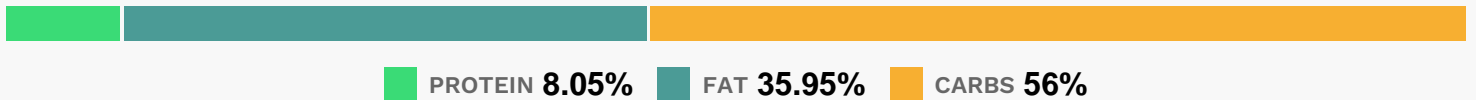
Equipment

- bowl
- oven
- baking pan
- dutch oven

Directions

- Place potatoes in a Dutch oven or large kettle; cover with water and bring to a boil. Reduce heat; cover and cook for 20–25 minutes or until potatoes are tender.
- Drain potatoes and place in a bowl; mash.
- Add sour cream, cream cheese, 4 tablespoons butter, onion and salt; stir until smooth and the cream cheese and butter are melted.
- Spread in a greased 13-in. x 9-in. baking dish.
- Melt the remaining butter; drizzle over the potatoes.
- Sprinkle with paprika. Refrigerate or bake immediately, covered, at 350° for 40 minutes; uncover and bake 20 minutes longer. If potatoes are made ahead and refrigerated, let stand at room temperature for 30 minutes before baking.

Nutrition Facts



Properties

Glycemic Index:14.65, Glycemic Load:39.67, Inflammation Score:-8, Nutrition Score:18.939130689787%

Flavonoids

Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 399.08kcal (19.95%), Fat: 16.38g (25.21%), Saturated Fat: 9.45g (59.05%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 49.88g (18.14%), Sugar: 4.28g (4.75%), Cholesterol: 45.29mg (15.1%), Sodium: 227.09mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Vitamin C: 61.39mg (74.41%), Vitamin B6: 0.98mg (49.09%), Potassium: 1403.96mg (40.11%), Vitamin A: 1537.88IU (30.76%), Fiber: 7.54g (30.16%), Manganese: 0.52mg (25.91%), Phosphorus: 220.35mg (22.03%), Magnesium: 78.79mg (19.7%), Copper: 0.36mg (17.84%), Vitamin B1: 0.27mg (17.68%), Vitamin B3: 3.49mg (17.44%), Iron: 2.87mg (15.95%), Folate: 54.61µg (13.65%),

Vitamin B2: 0.2mg (11.85%), Vitamin B5: 1.15mg (11.51%), Calcium: 82.78mg (8.28%), Vitamin K: 8.65µg (8.24%), Zinc: 1.16mg (7.72%), Vitamin E: 1.01mg (6.74%), Selenium: 3.49µg (4.98%), Vitamin B12: 0.09µg (1.55%)