



Make-Ahead Sour Cream and Chive Mashed Potatoes



Gluten Free



Dairy Free

READY IN



570 min.

SERVINGS



16

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 3 lb potatoes – remove skin red
- ☐ 8 oz chives
- ☐ 12 oz chives sour
- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup fried onions (from 2.8-oz can)

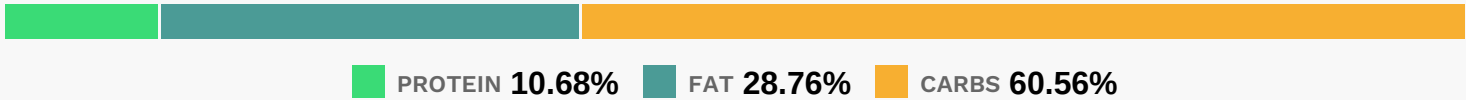
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Spray 13x9-inch pan with cooking spray; set aside. In 4-quart Dutch oven, place potatoes; add enough water just to cover potatoes. Cover and heat to boiling; reduce heat. Simmer covered 20 to 25 minutes or until potatoes are tender; drain. Shake potatoes in Dutch oven over low heat to dry.
- ☐ Mash potatoes until no lumps remain.
- ☐ Add cream cheese, sour cream, salt and pepper; mix until well blended. Spoon into pan. Cover tightly with foil and refrigerate at least 8 hours but no longer than 24 hours. (To bake immediately, drizzle with butter and bake 30 minutes, adding onions for last 15 minutes of baking.)
- ☐ Heat oven to 350°F.
- ☐ Drizzle butter over potatoes. Cover and bake 30 minutes.
- ☐ Sprinkle onions over potatoes.
- ☐ Bake uncovered 15 to 20 minutes longer or until potatoes are hot.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:11.332608680686%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 100.05kcal (5%), Fat: 3.34g (5.14%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 13.5g (4.91%), Sugar: 1.75g (1.95%), Cholesterol: 0mg (0%), Sodium: 273.72mg (11.9%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin K: 78µg (74.28%), Vitamin C: 27.91mg (33.83%), Vitamin A: 1642.59IU (32.85%), Potassium: 493.43mg (14.1%), Folate: 52.55µg (13.14%), Manganese: 0.26mg (12.83%), Vitamin B6: 0.19mg (9.69%), Fiber: 2.34g (9.36%), Copper: 0.17mg (8.51%), Magnesium: 33.73mg (8.43%), Phosphorus: 73.09mg (7.31%), Iron: 1.19mg (6.63%), Vitamin B1: 0.1mg (6.46%), Vitamin B3: 1.21mg (6.04%), Calcium: 42.17mg (4.22%), Vitamin B2: 0.07mg (4.01%), Vitamin B5: 0.35mg (3.55%), Zinc: 0.48mg (3.2%), Vitamin E: 0.16mg (1.1%), Selenium: 0.75µg (1.07%)