



WHATSheATE



Make-Ahead Sour Cream 'n Chive Mashed Potatoes

 Gluten Free

READY IN



570 min.

SERVINGS



16

CALORIES



177 kcal

SIDE DISH

Ingredients

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

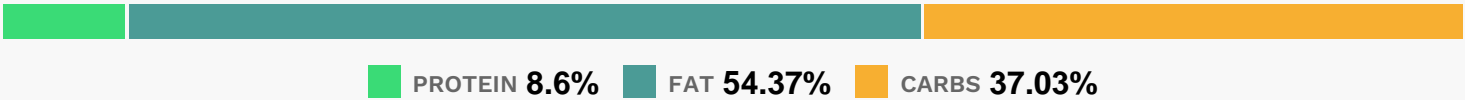
Equipment

- ☐ 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:2, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.1408695568857%

Flavonoids

Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 177.31kcal (8.87%), Fat: 10.76g (16.56%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 15.04g (5.47%), Sugar: 2.2g (2.44%), Cholesterol: 21.97mg (7.32%), Sodium: 437.09mg (19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Potassium: 388.53mg (11.1%), Vitamin C: 7.32mg (8.87%), Vitamin A: 436.67IU (8.73%), Vitamin B6: 0.14mg (7.25%), Manganese: 0.12mg (6.22%), Fiber: 1.45g (5.81%), Copper: 0.11mg (5.73%), Phosphorus: 52.53mg (5.25%), Calcium: 52.09mg (5.21%), Vitamin B3: 0.98mg (4.89%), Magnesium: 18.85mg (4.71%), Vitamin B1: 0.07mg (4.61%), Folate: 15.34µg (3.84%), Iron: 0.63mg (3.48%), Vitamin B5: 0.24mg (2.4%), Vitamin K: 2.52µg (2.4%), Zinc: 0.28mg (1.88%), Vitamin B2: 0.03mg (1.61%)