



Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



278 kcal

SIDE DISH

Ingredients

- 2 servings salt and ground pepper black to taste
- 0.3 cup milk
- 0.3 cup cup heavy whipping cream sour
- 3 yukon gold potatoes peeled chopped

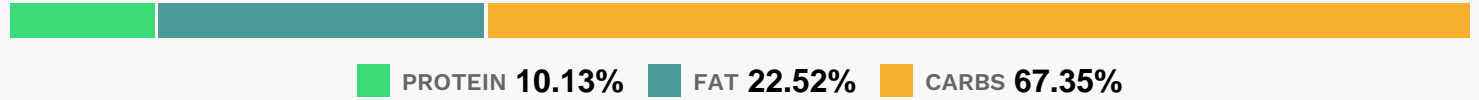
Equipment

- pot

Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain.
- Mash potatoes with milk, sour cream, salt, and pepper in the large pot.

Nutrition Facts



Properties

Glycemic Index:76.88, Glycemic Load:33.35, Inflammation Score:-6, Nutrition Score:14.835652175157%

Flavonoids

Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 277.93kcal (13.9%), Fat: 7.11g (10.94%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 42.21g (15.35%), Sugar: 4.93g (5.47%), Cholesterol: 21.84mg (7.28%), Sodium: 39.69mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Vitamin C: 50.49mg (61.2%), Vitamin B6: 0.79mg (39.46%), Potassium: 1171.82mg (33.48%), Fiber: 5.64g (22.54%), Phosphorus: 208.43mg (20.84%), Manganese: 0.41mg (20.38%), Magnesium: 66.58mg (16.64%), Vitamin B1: 0.23mg (15.51%), Copper: 0.28mg (14.12%), Vitamin B3: 2.76mg (13.79%), Iron: 2.02mg (11.22%), Calcium: 110.1mg (11.01%), Vitamin B2: 0.19mg (10.95%), Folate: 42.54µg (10.64%), Vitamin B5: 1mg (10.04%), Zinc: 1mg (6.68%), Vitamin K: 5.56µg (5.3%), Vitamin A: 250.64IU (5.01%), Vitamin B12: 0.28µg (4.67%), Selenium: 2.61µg (3.72%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.16mg (1.04%)