



Mashed Potatoes Almondine

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 2 tablespoons butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 2 tablespoons green onion minced
- ☐ 4 large potatoes cubed peeled
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup slivered almonds
- ☐ 1 cup heavy whipping cream sour

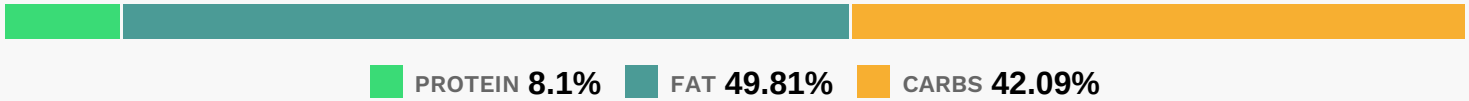
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ hand mixer
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Butter a shallow casserole dish.
- ☐ Place the potatoes in a large pot and cover with salted water. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and transfer to a mixing bowl; mash.
- ☐ Beat the sour cream, cream cheese, green onion, salt, and pepper into the potatoes with an electric hand mixer; continue beating until smooth.
- ☐ Pour the mixture into the prepared dish, sprinkle the the almonds over the potatoes.
- ☐ Brush the top with the melted butter and cover with the bread crumbs.
- ☐ Bake in the preheated oven until golden brown on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:32.1, Inflammation Score:-7, Nutrition Score:17.709565121195%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg

Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 475.55kcal (23.78%), Fat: 26.93g (41.44%), Saturated Fat: 14.2g (88.72%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 44.97g (16.35%), Sugar: 5.17g (5.75%), Cholesterol: 70.83mg (23.61%), Sodium: 402.43mg (17.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Vitamin C: 49.18mg (59.62%), Vitamin B6: 0.78mg (38.78%), Potassium: 1181.96mg (33.77%), Manganese: 0.53mg (26.63%), Fiber: 6.23g (24.92%), Phosphorus: 240.73mg (24.07%), Magnesium: 78.4mg (19.6%), Vitamin B1: 0.27mg (17.82%), Vitamin B2: 0.3mg (17.8%), Vitamin A: 887.99IU (17.76%), Copper: 0.34mg (16.95%), Vitamin B3: 3.14mg (15.68%), Iron: 2.4mg (13.35%), Folate: 53.28µg (13.32%), Calcium: 127.92mg (12.79%), Vitamin E: 1.77mg (11.8%), Vitamin B5: 1.13mg (11.25%), Vitamin K: 10.81µg (10.29%), Selenium: 6.78µg (9.69%), Zinc: 1.25mg (8.31%), Vitamin B12: 0.19µg (3.12%)