



Mashed Potatoes with Horseradish

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter divided
- 4 servings ground pepper black to taste
- 1 tablespoon horseradish prepared
- 2 teaspoons parsley minced
- 5 potatoes peeled quartered
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl

pot

Directions

- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender but still firm, about 15 minutes.
- Drain, and mash with 1 tablespoon butter and black pepper. Stir in sour cream, horseradish and parsley. Whip potatoes and place in medium serving bowl.
- Melt remaining 1 tablespoon butter and pour over potatoes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.19, Glycemic Load:34.17, Inflammation Score:-6, Nutrition Score:14.561304289362%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 314.2kcal (15.71%), Fat: 11.52g (17.73%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 48.34g (16.11%), Net Carbohydrates: 42.33g (15.39%), Sugar: 3.36g (3.74%), Cholesterol: 32.01mg (10.67%), Sodium: 85.7mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin C: 53.71mg (65.1%), Vitamin B6: 0.8mg (40.03%), Potassium: 1169.36mg (33.41%), Fiber: 6.01g (24.03%), Manganese: 0.43mg (21.4%), Phosphorus: 176.64mg (17.66%), Magnesium: 65.46mg (16.37%), Copper: 0.3mg (14.82%), Vitamin B1: 0.22mg (14.64%), Vitamin B3: 2.85mg (14.26%), Iron: 2.13mg (11.82%), Folate: 46.77µg (11.69%), Vitamin B5: 0.9mg (8.97%), Vitamin B2: 0.14mg (8.06%), Vitamin A: 364.2IU (7.28%), Vitamin K: 7.01µg (6.68%), Calcium: 65.28mg (6.53%), Zinc: 0.91mg (6.04%), Selenium: 2.04µg (2.92%), Vitamin E: 0.3mg (2%), Vitamin B12: 0.07µg (1.2%)