



Mashed Sour Cream and Scallion Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



418 kcal

SIDE DISH

Ingredients

- ☐ 5 garlic cloves peeled
- ☐ 7 pounds idaho potatoes peeled quartered
- ☐ 1 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup milk
- ☐ 7 scallions light white green thinly sliced
- ☐ 4 tablespoons butter unsalted softened

Equipment

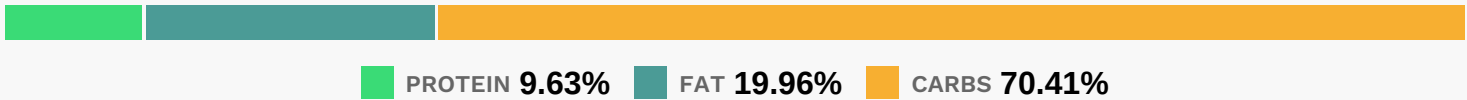
- ☐ pot

☐ potato masher

Directions

- ☐ Place the potatoes and garlic in a large pot and add enough water to cover. Bring to a boil and cook until tender, about 20 minutes.
- ☐ Drain the potatoes and garlic and return to the pot.
- ☐ Add the sour cream, milk, and butter and mash with a potato masher.
- ☐ Add scallions and stir gently to combine well. Season to taste with salt and pepper.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:57.01, Inflammation Score:-6, Nutrition Score:19.860869687536%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 418.14kcal (20.91%), Fat: 9.56g (14.71%), Saturated Fat: 5.89g (36.78%), Carbohydrates: 75.87g (25.29%), Net Carbohydrates: 70.4g (25.6%), Sugar: 3.53g (3.92%), Cholesterol: 26.94mg (8.98%), Sodium: 52.27mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin B6: 1.41mg (70.71%), Potassium: 1777.05mg (50.77%), Manganese: 0.67mg (33.61%), Vitamin C: 25.44mg (30.84%), Vitamin K: 29.59µg (28.18%), Phosphorus: 262.54mg (26.25%), Magnesium: 98.7mg (24.67%), Vitamin B1: 0.36mg (23.69%), Fiber: 5.47g (21.89%), Copper: 0.43mg (21.45%), Vitamin B3: 4.22mg (21.08%), Iron: 3.62mg (20.12%), Folate: 65.71µg (16.43%), Vitamin B5: 1.28mg (12.78%), Calcium: 123.52mg (12.35%), Vitamin B2: 0.2mg (11.73%), Zinc: 1.43mg (9.51%), Vitamin A: 402.76IU (8.06%), Selenium: 3.17µg (4.53%), Vitamin B12: 0.22µg (3.58%), Vitamin E: 0.36mg (2.37%), Vitamin D: 0.33µg (2.2%)