



Nutmeg Mashed Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 teaspoons ground nutmeg to taste
- ☐ 4 large potatoes
- ☐ 2 teaspoons salt to taste
- ☐ 0.5 cup cup heavy whipping cream sour

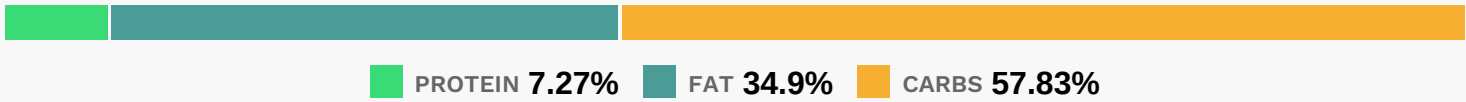
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until potatoes are tender and split open, about 20 minutes.
- ☐ Drain and return potatoes to pot.
- ☐ Mash potatoes with butter, nutmeg, and salt using a potato masher or fork until well incorporated; stir in sour cream until mashed potatoes are creamy.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:31.6, Inflammation Score:-6, Nutrition Score:13.223913045033%

Flavonoids

Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 298.69kcal (14.93%), Fat: 11.85g (18.23%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 38.65g (14.05%), Sugar: 2.77g (3.08%), Cholesterol: 31.64mg (10.55%), Sodium: 856.79mg (37.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.11%), Vitamin C: 48.65mg (58.98%), Vitamin B6: 0.73mg (36.75%), Potassium: 1064.38mg (30.41%), Fiber: 5.55g (22.2%), Manganese: 0.4mg (19.99%), Phosphorus: 158.48mg (15.85%), Magnesium: 59.93mg (14.98%), Copper: 0.28mg (13.83%), Vitamin B1: 0.2mg (13.56%), Vitamin B3: 2.62mg (13.12%), Iron: 1.96mg (10.89%), Folate: 41.3µg (10.33%), Vitamin B5: 0.8mg (8.03%), Vitamin A: 361.37IU (7.23%), Vitamin B2: 0.11mg (6.74%), Vitamin K: 5.62µg (5.36%), Zinc: 0.8mg (5.34%), Calcium: 52.85mg (5.29%), Selenium: 1.55µg (2.22%), Vitamin E: 0.32mg (2.11%)