

# Potato Rosettes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

## Ingredients

- 1 eggs lightly beaten
- 2 tablespoons spring onion chopped
- 2 medium potatoes peeled quartered
- 1 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 3 tablespoons cream sour
- 0.3 teaspoon pepper white

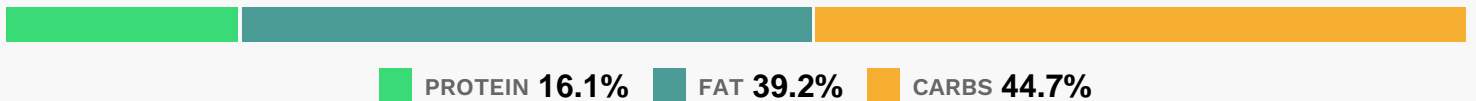
## Equipment

- bowl
- baking sheet
- sauce pan
- ziploc bags
- microwave
- pastry bag

## Directions

- Place potatoes in a large saucepan and cover with water; bring to a boil over medium-high heat. Cover and cook for 15–20 minutes or until tender; drain.
- Transfer to a large bowl; mash potatoes. Beat in the cheese, egg, onion, sour cream, salt and pepper.
- Cut a hole in the corner of a pastry bag or heavy-duty plastic bag. Insert large star tip #40
- Fill bag with potato mixture. Pipe potatoes into eight mounds on a greased baking sheet. Cover and freeze for up to 1 month.
- Place on a microwave-safe plate. Cover with waxed paper; microwave on high for 6 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:17.84, Glycemic Load:6.88, Inflammation Score:-2, Nutrition Score:4.3752173729565%

## Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 87.26kcal (4.36%), Fat: 3.85g (5.92%), Saturated Fat: 2g (12.48%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 8.65g (3.15%), Sugar: 0.65g (0.72%), Cholesterol: 30.18mg (10.06%), Sodium: 349.52mg (15.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin C: 10.83mg (13.12%), Vitamin B6: 0.17mg (8.71%), Phosphorus: 77.67mg (7.77%), Potassium: 247.08mg (7.06%), Calcium: 65.37mg (6.54%), Selenium: 4.03µg (5.75%), Fiber: 1.23g (4.91%), Vitamin B2: 0.08mg (4.83%), Manganese: 0.09mg (4.5%), Vitamin K: 4.37µg (4.16%),

Magnesium: 15.63mg (3.91%), Folate: 13.82µg (3.46%), Zinc: 0.51mg (3.38%), Copper: 0.07mg (3.33%), Vitamin B1: 0.05mg (3.24%), Iron: 0.56mg (3.11%), Vitamin B3: 0.58mg (2.91%), Vitamin A: 144.52IU (2.89%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.13µg (2.22%), Vitamin D: 0.15µg (1.02%)