



## Prep-Ahead Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



41 min.

SERVINGS



41

CALORIES



51 kcal

SIDE DISH

### Ingredients

- 2 Tbsp butter
- 1 cup knudsen cream sour
- 4 oz philadelphia cream cheese cubed ()
- 8 oz mushrooms fresh sliced
- 2 Tbsp thyme leaves fresh chopped
- 0.3 cup milk
- 3 lb potatoes red cut into chunks ( 10 medium)

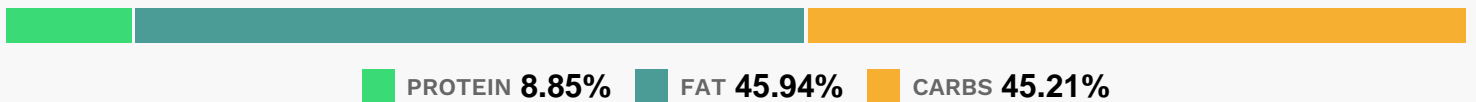
### Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- microwave

## Directions

- Cook potatoes in boiling water in large saucepan 15 min. or until potatoes are tender; drain.
- Mash potatoes.
- Add sour cream, cream cheese and milk; mash until blended. Spoon into microwaveable serving bowl; cover with plastic wrap. Refrigerate up to 2 days.
- Meanwhile, melt butter in large skillet on medium-high heat.
- Add mushrooms; cook 5 min. or until mushrooms are tender, stirring frequently. Spoon into bowl; cover. Refrigerate until ready to use.
- Vent plastic wrap covering potatoes by poking a few holes in the top just before serving. Microwave on HIGH 6 to 8 min. or until heated through; stir. Top with mushrooms. Microwave, uncovered, 2 to 3 min. or until heated through.
- Sprinkle with thyme.

## Nutrition Facts



## Properties

Glycemic Index:4.68, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:2.2008695757907%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 51.44kcal (2.57%), Fat: 2.72g (4.18%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.36g (1.95%), Sugar: 0.9g (1.01%), Cholesterol: 7.77mg (2.59%), Sodium: 21.72mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Potassium: 183.74mg (5.25%), Vitamin C: 3.57mg (4.32%),

Phosphorus: 34.26mg (3.43%), Vitamin B6: 0.07mg (3.41%), Copper: 0.07mg (3.27%), Vitamin B2: 0.05mg (3.07%),  
Vitamin B3: 0.6mg (2.98%), Manganese: 0.06mg (2.81%), Fiber: 0.67g (2.67%), Magnesium: 9.35mg (2.34%),  
Vitamin B1: 0.03mg (2.28%), Vitamin A: 110.36IU (2.21%), Vitamin B5: 0.22mg (2.18%), Folate: 7.67µg (1.92%), Iron:  
0.34mg (1.87%), Selenium: 1.16µg (1.66%), Calcium: 15.21mg (1.52%), Zinc: 0.18mg (1.22%), Vitamin K: 1.16µg (1.1%)