



Russian Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter cut into pieces
- ☐ 4 tablespoons butter
- ☐ 3 large garlic cloves minced
- ☐ 44 ounce potatoes frozen mashed
- ☐ 1.5 teaspoons salt
- ☐ 2 cups cup heavy whipping cream sour

Equipment

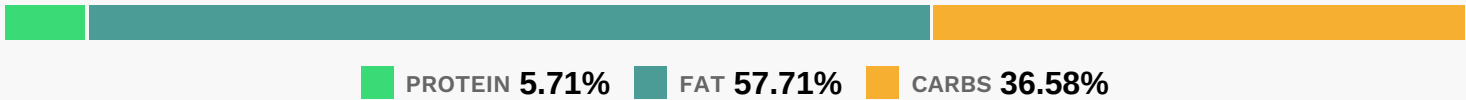
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook potatoes according to package directions, omitting salt. Stir in 1 1/2 teaspoons salt.
- ☐ Melt 4 tablespoons butter in a small skillet over high heat; add garlic, and saut 2 minutes. Stir garlic and sour cream into mashed potatoes.
- ☐ Transfer potato mixture to a lightly greased 13- x 9-inch baking dish. Dot with 3 tablespoons butter. (Cool completely, cover, and refrigerate up to 24 hours, if desired.)
- ☐ Bake at 350 for 25 minutes. Top evenly with cheese, if desired, and bake 5 more minutes or until melted.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:26.73, Inflammation Score:-7, Nutrition Score:13.499999792679%

Flavonoids

Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 431.23kcal (21.56%), Fat: 28.31g (43.56%), Saturated Fat: 16.19g (101.21%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 35.77g (13.01%), Sugar: 4.26g (4.73%), Cholesterol: 80.35mg (26.78%), Sodium: 722.89mg (31.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.61%), Vitamin C: 42.11mg (51.05%), Vitamin B6: 0.66mg (33.19%), Potassium: 981.13mg (28.03%), Fiber: 4.61g (18.42%), Phosphorus: 182.98mg (18.3%), Vitamin A: 890.1IU (17.8%), Manganese: 0.35mg (17.65%), Magnesium: 56.2mg (14.05%), Vitamin B1: 0.19mg (12.36%), Copper: 0.24mg (12.16%), Vitamin B2: 0.2mg (11.91%), Vitamin B3: 2.28mg (11.4%), Calcium: 109.38mg (10.94%), Folate: 38.4µg (9.6%), Iron: 1.71mg (9.49%), Vitamin B5: 0.9mg (9%), Vitamin K: 6.27µg (5.97%), Zinc: 0.89mg (5.93%), Selenium: 3.84µg (5.48%), Vitamin E: 0.69mg (4.62%), Vitamin B12: 0.19µg (3.15%)