



Skin-on Savory Mashed Potatoes



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons garlic chopped
- ☐ 0.3 cup milk
- ☐ 2 pounds potatoes cubed unpeeled
- ☐ 8 servings salt and pepper to taste
- ☐ 2 tablespoons cup heavy whipping cream sour

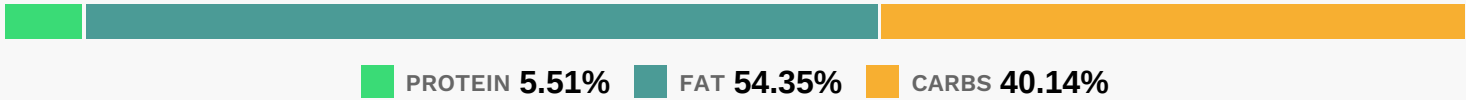
Equipment

- ☐ bowl
- ☐ pot
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Bring a pot of lightly salted water to a boil.
- ☐ Add potatoes, and cook until tender, about 15 minutes.
- ☐ Drain potatoes, and transfer to a bowl.
- ☐ Add butter, and mash with a potato masher or electric mixer until potatoes are starting to become smooth.
- ☐ Add milk and sour cream, and mix to your desired texture. Careful not to over mix the potatoes once they are creamy. Season with garlic, basil, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:14.71, Inflammation Score:-4, Nutrition Score:6.9852173665295%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 201.26kcal (10.06%), Fat: 12.45g (19.15%), Saturated Fat: 7.77g (48.58%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 18.08g (6.57%), Sugar: 1.37g (1.53%), Cholesterol: 33.19mg (11.06%), Sodium: 295.96mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin C: 22.6mg (27.4%), Vitamin B6: 0.35mg (17.67%), Potassium: 505.62mg (14.45%), Manganese: 0.21mg (10.58%), Fiber: 2.6g (10.42%), Phosphorus: 79.86mg (7.99%), Vitamin A: 389.78IU (7.8%), Magnesium: 29.55mg (7.39%), Vitamin K: 7.51µg (7.16%), Copper: 0.13mg (6.54%), Vitamin B1: 0.1mg (6.53%), Iron: 1.13mg (6.27%), Vitamin B3: 1.23mg (6.15%), Folate: 19.55µg (4.89%), Vitamin B5: 0.4mg (3.96%), Calcium: 36.5mg (3.65%), Vitamin B2: 0.06mg (3.56%), Zinc: 0.41mg (2.73%), Vitamin E: 0.38mg (2.55%), Selenium: 0.85µg (1.22%), Vitamin B12: 0.07µg (1.19%)