



Sour Cream and Chive Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- 0.3 cup chives fresh chopped
- 0.5 cup milk
- 8 servings salt and pepper to taste
- 0.5 cup cup heavy whipping cream sour
- 2 pounds yukon gold potatoes peeled quartered

Equipment

- pot
- hand mixer

potato masher

Directions

Place potatoes in a large pot with enough water to come up 2 inches from the bottom. Bring to a boil, and cook for 20 to 25 minutes, until fork tender.

Drain, and mash.

Mix in the milk using a potato masher or an electric mixer until fluffy. Stir in the sour cream and chives, and season with salt and pepper.

Nutrition Facts

PROTEIN 9.93% **FAT 23.79%** **CARBS 66.28%**

Properties

Glycemic Index:20.84, Glycemic Load:14.78, Inflammation Score:-3, Nutrition Score:6.8056521985842%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 125.3kcal (6.27%), Fat: 3.39g (5.21%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 18.72g (6.81%), Sugar: 2.13g (2.37%), Cholesterol: 10.31mg (3.44%), Sodium: 210.88mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin C: 23.19mg (28.12%), Vitamin B6: 0.35mg (17.57%), Potassium: 521.99mg (14.91%), Fiber: 2.53g (10.1%), Phosphorus: 91.69mg (9.17%), Manganese: 0.18mg (9.04%), Magnesium: 29.88mg (7.47%), Vitamin B1: 0.1mg (6.87%), Copper: 0.13mg (6.37%), Vitamin B3: 1.23mg (6.16%), Iron: 0.92mg (5.09%), Folate: 20.32µg (5.08%), Vitamin B2: 0.08mg (4.88%), Vitamin K: 5.08µg (4.84%), Calcium: 48.15mg (4.82%), Vitamin B5: 0.44mg (4.45%), Vitamin A: 170.94IU (3.42%), Zinc: 0.45mg (2.98%), Vitamin B12: 0.11µg (1.88%), Selenium: 1.17µg (1.68%), Vitamin D: 0.17µg (1.12%)