



Sour Cream-horseradish Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives chopped
- ☐ 0.3 cup horseradish prepared
- ☐ 6 servings perfect potatoes mashed
- ☐ 6 servings salt
- ☐ 1 cup cup heavy whipping cream sour

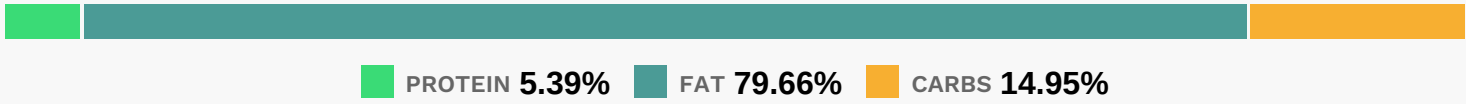
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Prepare perfect mashed potatoes (but do not add milk).
- ☐ Whisk sour cream, chopped chives, and horseradish in medium bowl. Fold sour cream mixture into potatoes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:2.226956491885%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 82.14kcal (4.11%), Fat: 7.52g (11.57%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.77g (1.01%), Sugar: 2.16g (2.39%), Cholesterol: 22.62mg (7.54%), Sodium: 247.8mg (10.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.29%), Vitamin A: 335.77IU (6.72%), Vitamin C: 4.32mg (5.24%), Vitamin K: 5.46µg (5.2%), Calcium: 46.6mg (4.66%), Vitamin B2: 0.07mg (4.1%), Phosphorus: 34.09mg (3.41%), Folate: 10.49µg (2.62%), Selenium: 1.72µg (2.46%), Potassium: 83.34mg (2.38%), Magnesium: 7.7mg (1.93%), Fiber: 0.41g (1.63%), Zinc: 0.23mg (1.5%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.03mg (1.45%), Manganese: 0.03mg (1.36%), Vitamin B12: 0.08µg (1.34%), Vitamin E: 0.15mg (1.01%)