



## Sour Cream Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

### Ingredients

- 6 servings pepper black freshly ground
- 3 pounds baking potatoes
- 6 servings salt
- 0.5 cup cream sour
- 8 tablespoons butter unsalted (1 stick)
- 1 cup milk whole

### Equipment

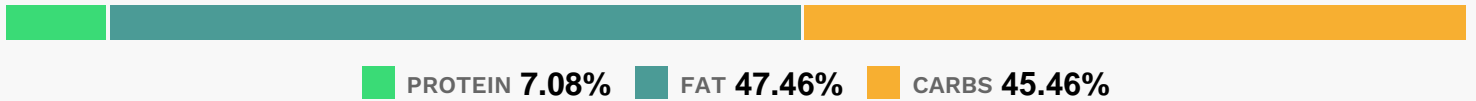
- pot

- colander
- potato ricer

## Directions

- Peel potatoes, cut into 1-1/2-inch chunks, and place in a large pot. Immediately add cold water to cover the potatoes by at least 2 inches and enough salt so that the water tastes like seawater. Bring to a boil over high heat. Once boiling, reduce heat to medium low and simmer until potatoes can easily be pierced with a fork and just begin to fall apart, about 15 minutes.
- Drain potatoes in a colander and let sit undisturbed for about 5 minutes. Meanwhile, in the pot used to cook the potatoes, warm the butter and 3/4 cup of the milk over medium heat until the mixture is hot and the butter has melted.
- Remove from heat. Pass the potatoes through a potato ricer and into the milk mixture. Fold in the sour cream until evenly combined and smooth, being careful not to overwork the potatoes. If the potatoes are too thick, add the remaining 1/4 cup milk and stir to combine. Season generously with salt and freshly ground black pepper.

## Nutrition Facts



## Properties

Glycemic Index: 25.79, Glycemic Load: 32.97, Inflammation Score: -6, Nutrition Score: 12.152173954508%

## Nutrients (% of daily need)

Calories: 375.61kcal (18.78%), Fat: 20.34g (31.3%), Saturated Fat: 12.34g (77.13%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 40.87g (14.86%), Sugar: 4.03g (4.48%), Cholesterol: 56.32mg (18.77%), Sodium: 228.6mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Vitamin B6: 0.82mg (40.8%), Potassium: 1036.55mg (29.62%), Manganese: 0.37mg (18.69%), Phosphorus: 185.02mg (18.5%), Vitamin C: 13.1mg (15.88%), Magnesium: 59.51mg (14.88%), Vitamin B1: 0.21mg (14.24%), Vitamin A: 654.58IU (13.09%), Copper: 0.24mg (12.1%), Vitamin B3: 2.42mg (12.08%), Fiber: 2.97g (11.89%), Iron: 1.98mg (10.99%), Calcium: 103.9mg (10.39%), Vitamin B2: 0.17mg (9.98%), Vitamin B5: 0.92mg (9.21%), Folate: 33.48µg (8.37%), Zinc: 0.91mg (6.04%), Vitamin K: 5.96µg (5.68%), Vitamin B12: 0.29µg (4.86%), Vitamin D: 0.73µg (4.85%), Selenium: 2.58µg (3.69%), Vitamin E: 0.55mg (3.67%)