



Sour Cream Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 cup cup heavy whipping cream
- ☐ 8 servings kosher salt
- ☐ 3 pounds baking potatoes peeled cut into 2" pieces
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup butter unsalted plus more for serving (1 stick)
- ☐ 1 cup milk whole
- ☐ 1 pound yukon gold potatoes peeled cut into 2" pieces

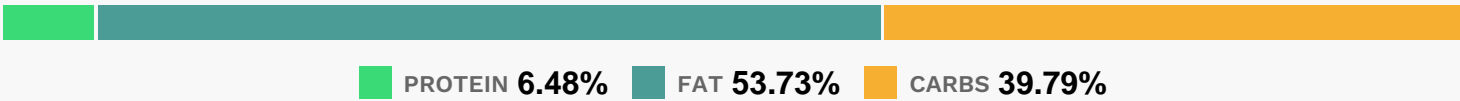
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ potato ricer

Directions

- ☐ Place potatoes in a large pot and cover with cold water by 2". Generously season with salt and bring to a boil. Reduce heat and simmer until tender, 10–15 minutes.
- ☐ Drain and transfer potatoes to a baking sheet; let stand until dry, 10–15 minutes. Set pot aside.
- ☐ Meanwhile, heat cream, milk, and butter in a medium saucepan over medium heat; season with salt and pepper.
- ☐ Pass potatoes through ricer into reserved pot.
- ☐ Mix in warm milk mixture, then sour cream; season with salt.
- ☐ Serve topped with pepper and more butter, if desired.
- ☐ DO AHEAD: Potatoes can be made 5 hours ahead. Cover and chill. Reheat gently, adding more milk to loosen as needed.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:31.98, Inflammation Score:-7, Nutrition Score:13.150434929392%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 427.92kcal (21.4%), Fat: 26.2g (40.31%), Saturated Fat: 16.21g (101.31%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 40.17g (14.61%), Sugar: 4.33g (4.81%), Cholesterol: 76.26mg (25.42%), Sodium: 231.36mg

(10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin B6: 0.79mg (39.49%), Potassium: 1044.76mg (29.85%), Vitamin C: 21.17mg (25.66%), Phosphorus: 188.42mg (18.84%), Vitamin A: 934.22IU (18.68%), Manganese: 0.37mg (18.54%), Magnesium: 59.8mg (14.95%), Vitamin B1: 0.21mg (14.1%), Fiber: 3.48g (13.94%), Copper: 0.25mg (12.32%), Vitamin B3: 2.43mg (12.15%), Vitamin B2: 0.2mg (11.85%), Iron: 1.96mg (10.88%), Calcium: 104.55mg (10.46%), Vitamin B5: 0.93mg (9.35%), Folate: 35.38µg (8.85%), Vitamin D: 1.02µg (6.83%), Vitamin K: 6.55µg (6.24%), Zinc: 0.92mg (6.11%), Vitamin E: 0.7mg (4.64%), Vitamin B12: 0.27µg (4.44%), Selenium: 3µg (4.29%)