



Sour Cream Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 8 servings kosher salt and pepper black
- ☐ 0.5 cup milk
- ☐ 4 pounds potatoes red halved (8)
- ☐ 2 scallions chopped
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 4 tablespoons butter unsalted ()

Equipment

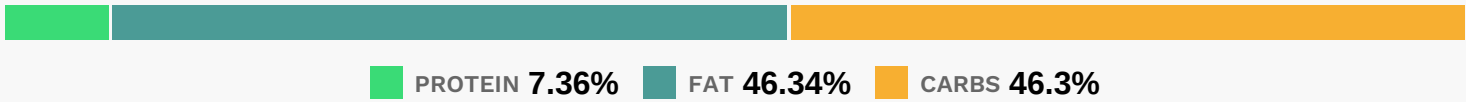
- ☐ bowl

☐ pot

Directions

- ☐ Place the potatoes in a large pot.
- ☐ Add cold water to cover and bring to a boil.
- ☐ Add 2 teaspoons salt, reduce heat, and simmer until tender, 15 to 18 minutes.
- ☐ Drain the potatoes and return them to the pot.
- ☐ Add the sour cream, milk, butter, scallions, 1 teaspoon salt, and 1/4 teaspoon pepper and mash.
- ☐ Transfer to a heatproof bowl, cover, and set over a pot of simmering water to keep warm, up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:12.443478371786%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 332.91kcal (16.65%), Fat: 17.64g (27.14%), Saturated Fat: 9.77g (61.05%), Carbohydrates: 39.66g (13.22%), Net Carbohydrates: 35.73g (12.99%), Sugar: 5.69g (6.33%), Cholesterol: 50.81mg (16.93%), Sodium: 259.48mg (11.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.61%), Potassium: 1136.67mg (32.48%), Vitamin C: 20.59mg (24.95%), Vitamin B6: 0.42mg (21.02%), Phosphorus: 200.24mg (20.02%), Manganese: 0.33mg (16.61%), Copper: 0.32mg (15.91%), Fiber: 3.93g (15.73%), Magnesium: 58.22mg (14.56%), Vitamin B1: 0.21mg (13.72%), Vitamin K: 14.19µg (13.51%), Vitamin B3: 2.69mg (13.47%), Vitamin A: 603.65IU (12.07%), Folate: 46.4µg (11.6%), Vitamin B2: 0.19mg (11.34%), Calcium: 103.47mg (10.35%), Iron: 1.74mg (9.69%), Vitamin B5: 0.89mg (8.93%), Zinc: 1.02mg (6.79%), Selenium: 3.64µg (5.2%), Vitamin B12: 0.22µg (3.58%), Vitamin E: 0.43mg (2.85%), Vitamin D: 0.27µg (1.82%)