

Sunday Dinner Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



387 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter divided
- 6 ounces cream cheese softened
- 1 teaspoon onion salt
- 0.3 teaspoon pepper
- 5 pounds potatoes cubed peeled
- 1 teaspoon salt
- 8 ounces cream sour

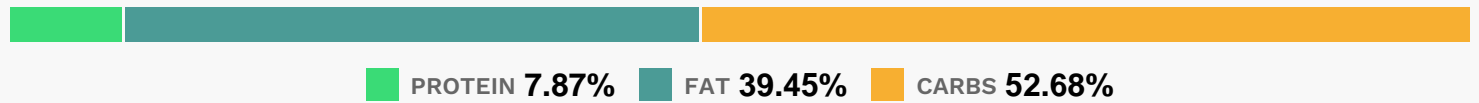
Equipment

- bowl
- oven
- baking pan
- dutch oven

Directions

- Place potatoes in a Dutch oven; cover with water. Cover and bring to a boil. Cook for 20–25 minutes or until very tender; drain well.
- In a large bowl, mash potatoes.
- Add the sour cream, cream cheese, 2 tablespoons butter, salt, onion salt and pepper; beat until fluffy.
- Transfer to a greased 2-qt. baking dish. Dot with the remaining butter.
- Bake, uncovered, at 350° for 20–25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:36.58, Inflammation Score:-7, Nutrition Score:16.096521704093%

Flavonoids

Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 386.64kcal (19.33%), Fat: 17.33g (26.66%), Saturated Fat: 9.93g (62.07%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 45.8g (16.66%), Sugar: 3.98g (4.42%), Cholesterol: 49.49mg (16.5%), Sodium: 707.7mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Vitamin C: 56.1mg (68%), Vitamin B6: 0.86mg (43.01%), Potassium: 1259.23mg (35.98%), Fiber: 6.25g (25.01%), Manganese: 0.45mg (22.43%), Phosphorus: 207.25mg (20.72%), Magnesium: 70.18mg (17.54%), Vitamin B1: 0.24mg (15.85%), Copper: 0.32mg (15.82%), Vitamin B3: 3.04mg (15.18%), Iron: 2.27mg (12.59%), Folate: 49.14µg (12.29%), Vitamin A: 599.38IU (11.99%), Vitamin B2: 0.19mg (11.13%), Vitamin B5: 1.06mg (10.62%), Calcium: 85.17mg (8.52%), Zinc: 1.03mg (6.86%), Vitamin K: 6.73µg (6.41%), Selenium: 3.79µg (5.41%), Vitamin E: 0.44mg (2.94%), Vitamin B12: 0.12µg (1.92%)