



Sunshine's Company Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



304 kcal

SIDE DISH

Ingredients

- 0.5 cup butter sliced
- 8 ounce cream cheese softened
- 0.3 teaspoon garlic salt
- 0.5 teaspoon pepper
- 5 pounds potatoes red cubed peeled
- 1 teaspoon salt
- 1 cup cup heavy whipping cream sour

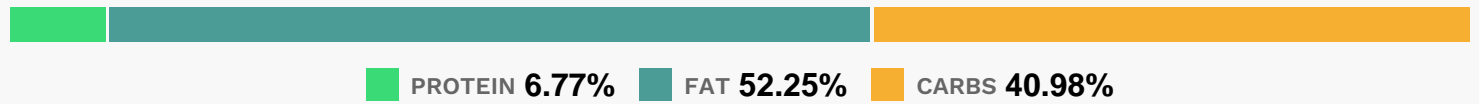
Equipment

- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender, about 15 minutes.
- Drain and mash with butter. Stir in cream cheese, sour cream, salt, pepper and garlic salt.
- Transfer to a 9x13 inch baking dish.
- Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:9.7360869957053%

Flavonoids

Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 304.42kcal (15.22%), Fat: 18.16g (27.94%), Saturated Fat: 10.68g (66.77%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 28.81g (10.47%), Sugar: 3.81g (4.23%), Cholesterol: 50.73mg (16.91%), Sodium: 402.38mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Potassium: 912.27mg (26.06%), Vitamin C: 16.43mg (19.91%), Vitamin B6: 0.34mg (17.01%), Phosphorus: 152.48mg (15.25%), Manganese: 0.28mg (14.1%), Copper: 0.26mg (13.07%), Fiber: 3.23g (12.94%), Vitamin A: 623.28IU (12.47%), Magnesium: 45.53mg (11.38%), Vitamin B3: 2.21mg (11.06%), Vitamin B1: 0.16mg (10.79%), Folate: 37.17µg (9.29%), Vitamin B2: 0.14mg (8.1%), Iron: 1.43mg (7.92%), Vitamin B5: 0.71mg (7.11%), Vitamin K: 6.96µg (6.63%), Calcium: 59.38mg (5.94%), Zinc: 0.79mg (5.28%), Selenium: 3.38µg (4.83%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.1µg (1.63%)