



Suzy's Mashed Red Potatoes



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup milk
- ☐ 2 pounds potatoes red quartered
- ☐ 8 servings salt and pepper to taste
- ☐ 0.3 cup cup heavy whipping cream sour

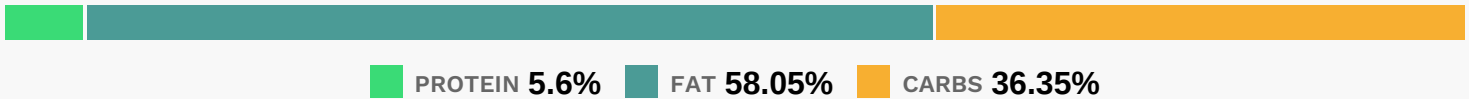
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add potatoes, and cook until tender but still firm, about 10 minutes.
- ☐ Drain, and place in a large bowl.
- ☐ Combine potatoes with butter, milk, sour cream, salt, and pepper. Mash together until smooth and creamy.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:5.9634783008824%

Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 204.48kcal (10.22%), Fat: 13.55g (20.84%), Saturated Fat: 8.34g (52.14%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 17.16g (6.24%), Sugar: 2.45g (2.72%), Cholesterol: 36.57mg (12.19%), Sodium: 313.45mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Potassium: 551.27mg (15.75%), Vitamin C: 9.82mg (11.9%), Vitamin B6: 0.21mg (10.27%), Phosphorus: 93.44mg (9.34%), Vitamin A: 431.97IU (8.64%), Manganese: 0.16mg (8.09%), Fiber: 1.93g (7.71%), Copper: 0.15mg (7.68%), Magnesium: 27.79mg (6.95%), Vitamin B1: 0.1mg (6.84%), Vitamin B3: 1.33mg (6.66%), Folate: 21.27µg (5.32%), Iron: 0.84mg (4.65%), Vitamin B2: 0.07mg (4.3%), Vitamin K: 4.44µg (4.22%), Vitamin B5: 0.41mg (4.13%), Calcium: 40.88mg (4.09%), Zinc: 0.47mg (3.16%), Vitamin E: 0.38mg (2.5%), Vitamin B12: 0.12µg (2.03%), Selenium: 1.27µg (1.81%), Vitamin D: 0.17µg (1.12%)