

# Absolute Best Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



701 kcal

SIDE DISH

## Ingredients

- 6 servings pepper white to taste
- 1 pint cup heavy whipping cream at room temperature
- 6 large baking potatoes firm scrubbed
- 0.5 cup butter unsalted at room temperature
- 1 cup water

## Equipment

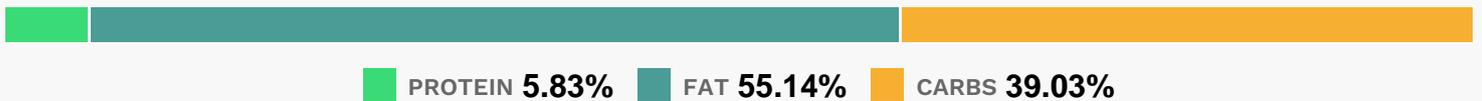
- bowl
- frying pan

- sauce pan
- stand mixer
- skewers
- tongs
- steamer basket

## Directions

- Pour water into a saucepan.
- Place a large steamer basket into the saucepan over (not touching) the water, and place the potatoes into the basket. Bring the water to a boil. Reduce heat to a simmer, cover the pan and basket with a lid, and steam potatoes until tender in the center, about 20 minutes. A skewer inserted into a potato should easily pierce the center. Using tongs to hold hot potatoes, peel them, and set aside. Reserve potato cooking water.
- Place 1 cup of cream and the butter into the work bowl of a large stand mixer fitted with mixing paddle, and start the machine on low speed.
- Mix until the cream and butter are blended; add potatoes, and beat until thoroughly mixed. As potatoes mash, gradually pour in remaining cup of cream. If potatoes are too stiff, beat in reserved potato cooking water, 1 tablespoon at a time. If potatoes are too runny, beat in instant mashed potato flakes, 1 tablespoon at a time, until you reach desired consistency. Season to taste with salt and white pepper.

## Nutrition Facts



## Properties

Glycemic Index:14.13, Glycemic Load:52.44, Inflammation Score:-8, Nutrition Score:19.813478314358%

## Nutrients (% of daily need)

Calories: 701.2kcal (35.06%), Fat: 44.15g (67.92%), Saturated Fat: 27.96g (174.77%), Carbohydrates: 70.3g (23.43%), Net Carbohydrates: 64.98g (23.63%), Sugar: 4.6g (5.11%), Cholesterol: 129.79mg (43.26%), Sodium: 43.9mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.01%), Vitamin B6: 1.3mg (65.16%), Potassium: 1619.65mg (46.28%), Manganese: 0.67mg (33.34%), Vitamin A: 1635.7IU (32.71%), Vitamin C: 21.93mg (26.58%), Phosphorus: 256.75mg (25.68%), Magnesium: 92.96mg (23.24%), Vitamin B1: 0.32mg (21.32%), Fiber: 5.32g (21.28%), Copper: 0.42mg (20.81%), Iron: 3.54mg (19.68%), Vitamin B3: 3.88mg (19.41%), Vitamin B2: 0.28mg

(16.41%), Folate: 55.58µg (13.9%), Vitamin B5: 1.33mg (13.33%), Calcium: 111.04mg (11.1%), Vitamin D: 1.55µg (10.3%), Vitamin K: 10.49µg (9.99%), Zinc: 1.3mg (8.69%), Vitamin E: 1.2mg (8.01%), Selenium: 4.09µg (5.85%), Vitamin B12: 0.16µg (2.64%)