



Ancho Mashers



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



435 kcal

SIDE DISH

Ingredients

- ☐ 1 ancho chili seeded
- ☐ 0.5 cup butter
- ☐ 1 chipotle chile in adobo sauce stemmed seeded
- ☐ 2 garlic cloves chopped
- ☐ 0.3 cup half-and-half
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion chopped
- ☐ 8 servings bell pepper to taste

- ☐ 8 servings salt to taste
- ☐ 1 teaspoon sugar
- ☐ 0.5 tomatoes quartered
- ☐ 0.8 cup whipping cream
- ☐ 4 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ dutch oven

Directions

- ☐ Peel and quarter potatoes. Bring potatoes and salted water to cover to a boil in a Dutch oven; cook 20 to 30 minutes over medium heat or until tender.
- ☐ Drain.
- ☐ Saut onion and garlic in hot oil in a large skillet over medium-high heat 2 minutes or until tender.
- ☐ Add chiles, tomato, and sugar; cook 2 to 4 minutes or until chiles begin to soften.
- ☐ Transfer mixture to a blender, and process until smooth, stopping to scrape down sides.
- ☐ Pour mixture through a wire mesh strainer into a bowl. Salt to taste.
- ☐ Beat potatoes, whipping cream, half-and-half, and butter at medium speed with an electric mixer just until smooth. Spoon chile puree over mashed potatoes, and gently swirl with a knife for a marbled effect.
- ☐ Add pepper to taste.

Nutrition Facts



 **PROTEIN 6.19%**  **FAT 49.26%**  **CARBS 44.55%**

Properties

Glycemic Index:41.36, Glycemic Load:30.58, Inflammation Score:-10, Nutrition Score:22.690869621609%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 435.04kcal (21.75%), Fat: 24.64g (37.91%), Saturated Fat: 13.58g (84.89%), Carbohydrates: 50.14g (16.71%), Net Carbohydrates: 41.92g (15.24%), Sugar: 8.79g (9.77%), Cholesterol: 58.36mg (19.45%), Sodium: 317.1mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin C: 143.41mg (173.83%), Vitamin A: 4269.63IU (85.39%), Vitamin B6: 0.96mg (47.85%), Potassium: 1259.75mg (35.99%), Fiber: 8.22g (32.89%), Manganese: 0.5mg (24.87%), Folate: 76.82µg (19.2%), Phosphorus: 184.12mg (18.41%), Vitamin B3: 3.59mg (17.93%), Magnesium: 69.28mg (17.32%), Vitamin K: 17.25µg (16.43%), Vitamin E: 2.44mg (16.25%), Vitamin B1: 0.24mg (16.01%), Vitamin B2: 0.25mg (14.96%), Copper: 0.28mg (14.02%), Iron: 2.5mg (13.87%), Vitamin B5: 1.06mg (10.63%), Zinc: 1.02mg (6.79%), Calcium: 64.49mg (6.45%), Selenium: 2.11µg (3.01%), Vitamin D: 0.36µg (2.38%), Vitamin B12: 0.07µg (1.24%)