



Basic Fluffy Mashed Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 0.7 cup warm half-and-half
- ☐ 1.3 teaspoons kosher salt

Equipment

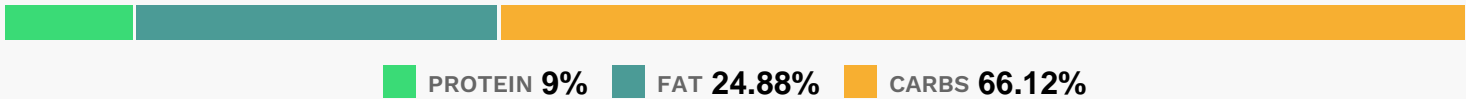
- ☐ frying pan
- ☐ sauce pan

- ☐ potato masher
- ☐ potato ricer

Directions

- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain. Press potatoes through a ricer back into pan, or mash with a potato masher to desired consistency.
- ☐ Add half-and-half and remaining ingredients to potato mixture; stir well to combine.
- ☐ Variation 1
- ☐ Golden Buttermilk-Chive: Follow the basic recipe through step 1, swapping in Yukon gold potatoes for baking potatoes.
- ☐ Add 2/3 cup warm low-fat buttermilk, 1/4 cup warm 1% low-fat milk, 3 tablespoons melted butter, 1 1/4 teaspoons kosher salt, and 1/4 teaspoon white pepper to potato mixture; stir well. Top with 8 teaspoons chopped fresh chives. SERVES 8 (serving size: about 2/3 cup) CALORIES 190; FAT 6g (sat 9g); SODIUM 335mg
- ☐ Variation 2
- ☐ Turnip and Leek: Follow the basic recipe through step 1, decreasing potatoes to 2 pounds and adding 1 pound cubed peeled turnip.
- ☐ Add 2/3 cup half-and-half, 1 tablespoon melted butter, 1 1/4 teaspoons kosher salt, and 1/2 teaspoon black pepper; stir well. Melt 1 tablespoon butter in a medium skillet over medium heat.
- ☐ Add 2 cups chopped leek; cook 4 minutes or until tender, stirring frequently. Stir into potatoes. SERVES 8 (serving size: 2/3 cup) CALORIES 179; FAT 4g (sat 3g); SODIUM 357mg

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:24.19, Inflammation Score:-3, Nutrition Score:7.8343479322351%

Nutrients (% of daily need)

Calories: 186.2kcal (9.31%), Fat: 5.3g (8.15%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 29.44g (10.71%), Sugar: 1.89g (2.1%), Cholesterol: 14.58mg (4.86%), Sodium: 406.69mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin B6: 0.6mg (29.87%), Potassium: 738.5mg (21.1%), Manganese: 0.28mg (14.21%), Vitamin C: 9.88mg (11.97%), Phosphorus: 113.75mg (11.37%), Magnesium: 41.43mg (10.36%), Vitamin B1: 0.15mg (9.72%), Fiber: 2.24g (8.97%), Copper: 0.18mg (8.95%), Vitamin B3: 1.79mg (8.93%), Iron: 1.49mg (8.27%), Folate: 24.54µg (6.14%), Vitamin B5: 0.58mg (5.76%), Vitamin B2: 0.1mg (5.69%), Calcium: 45.31mg (4.53%), Zinc: 0.58mg (3.85%), Vitamin K: 3.77µg (3.59%), Vitamin A: 161.24IU (3.22%), Selenium: 1.37µg (1.95%)