

Basic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 1 cup cup heavy whipping cream
- 4 pounds baking potatoes
- 6 servings salt
- 8 tablespoons butter unsalted (1 stick)

Equipment

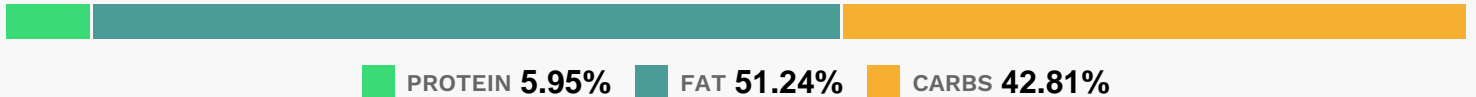
- knife
- pot

- potato masher
- stove
- colander

Directions

- Wash and peel the potatoes, then cut them into large chunks and place in a large pot. Cover the potatoes with cold water by 1 to 2 inches and add a generous amount of salt. (You want the water to taste like the ocean.)
- Place the pot on the stove over high heat. Once the water boils, reduce the heat and simmer until the potatoes can easily be pierced with a knife, about 20 minutes.
- Drain in a colander and let the potatoes rest in the sink while you prepare the butter and cream.
- Combine the butter and cream in the pot you cooked the potatoes in. Cook over low heat, stirring, until the butter has melted and the cream is hot. Turn off the heat and add the drained potatoes. Using a potato masher, mash until the potatoes are fluffy and creamy. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.46, Glycemic Load:42.99, Inflammation Score:-7, Nutrition Score:14.977391268896%

Nutrients (% of daily need)

Calories: 507.85kcal (25.39%), Fat: 29.71g (45.7%), Saturated Fat: 18.79g (117.45%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 51.89g (18.87%), Sugar: 3.05g (3.38%), Cholesterol: 84.96mg (28.32%), Sodium: 221.69mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.53%), Vitamin B6: 1.06mg (52.9%), Potassium: 1304.52mg (37.27%), Manganese: 0.49mg (24.46%), Vitamin C: 17.47mg (21.18%), Vitamin A: 1053.15IU (21.06%), Phosphorus: 193.96mg (19.4%), Magnesium: 72.88mg (18.22%), Vitamin B1: 0.26mg (17.13%), Copper: 0.32mg (16.01%), Fiber: 3.96g (15.83%), Vitamin B3: 3.16mg (15.82%), Iron: 2.66mg (14.75%), Folate: 44.5µg (11.12%), Vitamin B2: 0.18mg (10.64%), Vitamin B5: 1.03mg (10.33%), Vitamin K: 8.18µg (7.79%), Calcium: 70.53mg (7.05%), Zinc: 0.99mg (6.6%), Vitamin D: 0.91µg (6.1%), Vitamin E: 0.83mg (5.53%), Selenium: 2.59µg (3.7%), Vitamin B12: 0.1µg (1.59%)