



Buttery Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup heavy cream
- ☐ 2.5 teaspoons kosher salt
- ☐ 8 russet potatoes peeled quartered
- ☐ 10 tablespoons butter unsalted at room temperature
- ☐ 0.5 cup milk whole

Equipment

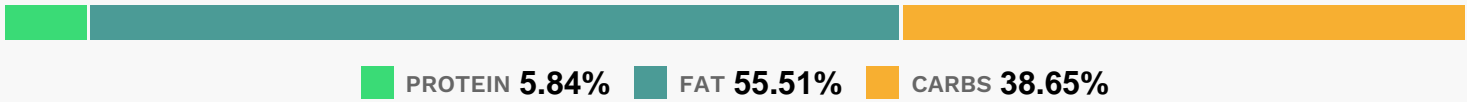
- ☐ oven

☐ pot

Directions

- ☐ Heat oven to 300 F.
- ☐ Place the potatoes in a large pot with enough cold water to cover them by 2 inches. Bring to a boil and cook until tender, about 15 minutes.
- ☐ Drain well, return to pot, and mash.
- ☐ Add 8 tablespoons of the butter, the cream, milk, salt, and pepper.
- ☐ Transfer to a casserole and dot with the remaining butter, cut into small pieces.
- ☐ Place in oven, uncovered, to keep warm for up to 1 hour.In Advance: For a crisp, golden crust on the potatoes, increase the oven temperature to 400 F for the last 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:30.55, Inflammation Score:-6, Nutrition Score:11.310000067172%

Nutrients (% of daily need)

Calories: 404.2kcal (20.21%), Fat: 25.59g (39.38%), Saturated Fat: 16.17g (101.07%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.31g (13.57%), Sugar: 2.93g (3.26%), Cholesterol: 73.07mg (24.36%), Sodium: 753.13mg (32.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin B6: 0.76mg (37.76%), Potassium: 944.53mg (26.99%), Vitamin A: 901.83IU (18.04%), Manganese: 0.35mg (17.29%), Phosphorus: 154.11mg (15.41%), Vitamin C: 12.32mg (14.93%), Magnesium: 53.38mg (13.34%), Vitamin B1: 0.19mg (12.67%), Copper: 0.23mg (11.35%), Vitamin B3: 2.25mg (11.24%), Fiber: 2.78g (11.14%), Iron: 1.88mg (10.43%), Vitamin B2: 0.15mg (9.02%), Vitamin B5: 0.79mg (7.94%), Folate: 31.55µg (7.89%), Calcium: 71.01mg (7.1%), Vitamin D: 0.91µg (6.04%), Vitamin K: 6.16µg (5.87%), Zinc: 0.77mg (5.13%), Vitamin E: 0.71mg (4.73%), Selenium: 2.21µg (3.16%), Vitamin B12: 0.16µg (2.66%)