



Caramelized Onion-and-Gorgonzola Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 2 tablespoons butter
- 4 garlic clove minced
- 0.8 cup cheese blue crumbled
- 0.8 cup half and half
- 1 tablespoon olive oil
- 2 medium onion diced

- 0.8 teaspoon pepper
- 6 servings rosemary fresh
- 1.8 teaspoons salt divided
- 3 pounds yukon gold potatoes peeled quartered
- 2 teaspoons rosemary dried fresh chopped

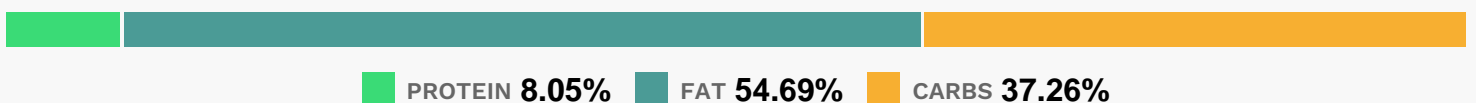
Equipment

- frying pan
- baking pan
- potato masher
- dutch oven

Directions

- Bring potato, 1 teaspoon salt, and water to cover to a boil in a Dutch oven; cook 20 to 25 minutes or until tender.
- Drain and keep warm.
- Melt 2 tablespoons butter with oil in a skillet over medium heat; add onion, and cook, stirring often, 12 to 17 minutes or until tender.
- Add garlic, and cook 3 minutes. Stir in rosemary; remove from heat.
- Mash potato with a potato masher; stir in 1/2 cup butter, half-and-half, and cheese until blended. Stir in onion mixture, remaining 3/4 teaspoon salt, and pepper. Spoon enough mixture into a decorative, ovenproof dish or 13- x 9-inch baking dish to fill bottom; pipe or dollop remaining mixture over top.
- Broil, 3 inches from heat, 5 minutes or until top is lightly browned.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:56.63, Glycemic Load:30.1, Inflammation Score:-8, Nutrition Score:16.574347996193%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 482.74kcal (24.14%), Fat: 29.92g (46.03%), Saturated Fat: 9.63g (60.2%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 40.09g (14.58%), Sugar: 4.68g (5.2%), Cholesterol: 23.24mg (7.75%), Sodium: 1128.75mg (49.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Vitamin C: 48.42mg (58.69%), Vitamin B6: 0.79mg (39.31%), Potassium: 1114.16mg (31.83%), Phosphorus: 242.92mg (24.29%), Manganese: 0.47mg (23.28%), Fiber: 5.77g (23.1%), Vitamin A: 1090.4IU (21.81%), Calcium: 171.07mg (17.11%), Magnesium: 64.68mg (16.17%), Vitamin B1: 0.22mg (14.64%), Copper: 0.28mg (13.96%), Vitamin B3: 2.66mg (13.31%), Vitamin B2: 0.22mg (12.8%), Folate: 50.98µg (12.75%), Vitamin B5: 1.13mg (11.31%), Iron: 2.03mg (11.28%), Zinc: 1.32mg (8.79%), Vitamin E: 1.22mg (8.13%), Vitamin K: 7.1µg (6.76%), Selenium: 4.58µg (6.55%), Vitamin B12: 0.29µg (4.78%)