



WHATSheATE



Chipotle-Corn Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 0.1 lb butter
- ☐ 2 chipotles in adobo canned minced drained
- ☐ 4 ears corn
- ☐ 10 servings salt and pepper
- ☐ 5 pounds baking potatoes peeled cut into 2-inch chunks
- ☐ 2 tsp vegetable oil
- ☐ 0.8 cup milk whole

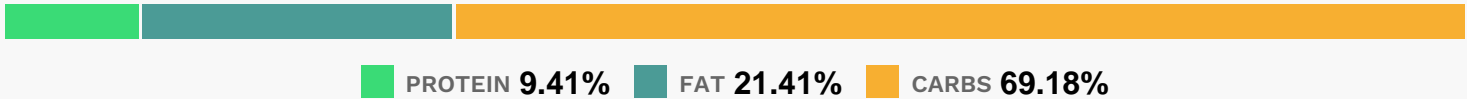
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ hand mixer
- ☐ potato masher
- ☐ grill

Directions

- ☐ Lightly rub corn with oil.
- ☐ Lay corn on a barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook, turning often, until corn kernels are lightly browned all over, with some blackened spots, 5 to 7 minutes (see notes).
- ☐ Let stand until cool enough to handle, then, holding corn upright in a deep bowl, cut kernels from ears with a sharp knife.
- ☐ Meanwhile, in a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add potatoes and cook until very tender when pierced, about 20 minutes.
- ☐ Drain and return to pan.
- ☐ Add butter and 3/4 cup milk and beat with an electric mixer on medium speed, or mash with a potato masher, until smooth. Beat or stir in roasted corn and chipotles to taste. If potatoes are stiffer than you like, beat in a little more milk.
- ☐ Add salt and pepper to taste. Spoon into a serving bowl.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:32.56, Inflammation Score:-5, Nutrition Score:12.049565237501%

Nutrients (% of daily need)

Calories: 271.72kcal (13.59%), Fat: 6.75g (10.39%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 49.07g (16.36%), Net Carbohydrates: 45.1g (16.4%), Sugar: 4.74g (5.27%), Cholesterol: 14.39mg (4.8%), Sodium: 253.97mg (11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin B6: 0.83mg (41.36%), Potassium: 1071.79mg (30.62%), Manganese: 0.42mg (20.8%), Vitamin C: 15.38mg (18.64%), Phosphorus: 176.62mg (17.66%), Magnesium: 67.8mg (16.95%), Vitamin B1: 0.25mg (16.82%), Fiber: 3.97g (15.87%), Vitamin B3: 3.01mg (15.03%), Copper: 0.25mg (12.67%), Iron: 2.21mg (12.29%), Folate: 47.04µg (11.76%), Vitamin B5: 1.02mg (10.15%), Vitamin B2: 0.12mg (7.17%), Zinc: 0.9mg (6.03%), Vitamin K: 6.3µg (6%), Calcium: 54.19mg (5.42%), Vitamin A: 241.07IU (4.82%), Selenium: 1.53µg (2.18%), Vitamin B12: 0.11µg (1.81%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.2µg (1.34%)