



WHATSheATE



Classic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



6 servings kosher salt



3 pounds potatoes such as yukon gold boiling



0.5 cup cup heavy whipping cream sour



6 tablespoons butter unsalted



1.5 cups milk whole

Equipment



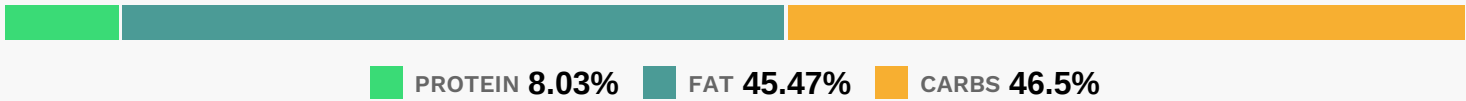
sauce pan

- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Peel the potatoes, cut them into 1-inch cubes and place them in a large pot of boiling salted water. Simmer uncovered for 10 to 12 minutes, until the potatoes are tender.
- ☐ Drain the potatoes in a colander and then return them to the pot.
- ☐ Meanwhile, heat the milk and butter in a small saucepan until the butter is melted.
- ☐ Using a hand held mixer, break the potatoes up and at low speed slowly add the hot milk/butter mixture to make the potatoes very creamy.
- ☐ Add the sour cream, 2 teaspoons of salt and the pepper and whisk to combine.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:12.676086861154%

Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 334.11kcal (16.71%), Fat: 17.35g (26.69%), Saturated Fat: 10.34g (64.65%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 36.01g (13.1%), Sugar: 6.52g (7.25%), Cholesterol: 48.73mg (16.24%), Sodium: 265.31mg (11.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Potassium: 1153mg (32.94%), Vitamin C: 19.68mg (23.85%), Phosphorus: 218.15mg (21.81%), Vitamin B6: 0.43mg (21.58%), Manganese: 0.35mg (17.33%), Copper: 0.31mg (15.63%), Fiber: 3.9g (15.59%), Magnesium: 59.7mg (14.93%), Vitamin B1: 0.22mg (14.84%), Vitamin B3: 2.7mg (13.48%), Calcium: 121.29mg (12.13%), Vitamin A: 584.88IU (11.7%), Vitamin B2: 0.19mg (11.28%), Folate: 42.42µg (10.61%), Vitamin B5: 0.94mg (9.42%), Iron: 1.69mg (9.39%), Vitamin K: 8.3µg (7.91%), Zinc: 1.08mg (7.18%), Vitamin B12: 0.39µg (6.56%), Vitamin D: 0.88µg (5.87%), Selenium: 3.15µg (4.5%), Vitamin E: 0.45mg (3.02%)