



Classic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 cup milk warmed plus more if needed,
- ☐ 4 large russet potatoes
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons cup heavy whipping cream sour

Equipment

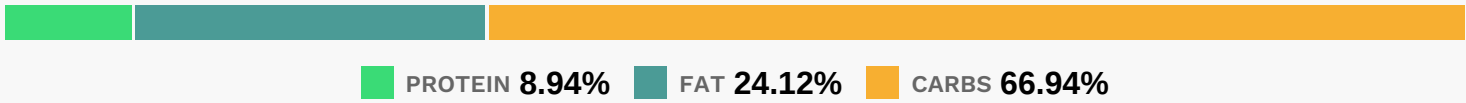
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ spatula
- ☐ potato ricer

Directions

- ☐ Peel the potatoes, cut in half, and place in a pan, then cover with cold salted water. Bring to a boil and continue cooking until the potatoes fall off the fork when pierced, about 20 minutes.
- ☐ Drain the potatoes. Gently press the potatoes through a sieve (or potato ricer) into a large bowl, using a rubber spatula.
- ☐ Mix in the butter, milk, sour cream, salt and pepper and stir to blend.
- ☐ Add a tablespoon or 2 more of warm milk, if necessary to obtain the desired consistency. Salt and pepper liberally and serve.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:52.99, Inflammation Score:-6, Nutrition Score:16.832174052363%

Nutrients (% of daily need)

Calories: 396.98kcal (19.85%), Fat: 10.95g (16.85%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 68.39g (22.8%), Net Carbohydrates: 63.59g (23.12%), Sugar: 3.97g (4.41%), Cholesterol: 29.77mg (9.93%), Sodium: 874.58mg (38.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.27%), Vitamin B6: 1.29mg (64.72%), Potassium: 1594.66mg (45.56%), Manganese: 0.58mg (29.16%), Vitamin C: 21.09mg (25.56%), Phosphorus: 240.84mg (24.08%), Magnesium: 89.36mg (22.34%), Vitamin B1: 0.32mg (21.43%), Vitamin B3: 3.86mg (19.31%), Fiber: 4.8g (19.19%), Copper: 0.38mg (19.1%), Iron: 3.19mg (17.7%), Folate: 52.33µg (13.08%), Vitamin B5: 1.26mg (12.56%), Vitamin B2: 0.18mg (10.44%), Calcium: 94.54mg (9.45%), Zinc: 1.23mg (8.18%), Vitamin K: 7.56µg (7.2%), Vitamin A: 352.88IU (7.06%), Selenium: 2.38µg (3.41%), Vitamin B12: 0.2µg (3.25%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.32mg (2.12%)