



Classic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



484 kcal

SIDE DISH

Ingredients

- 0.7 cup cup heavy whipping cream
- 3 pounds baking potatoes
- 5 spring onion thinly sliced
- 11 ounces butter unsalted

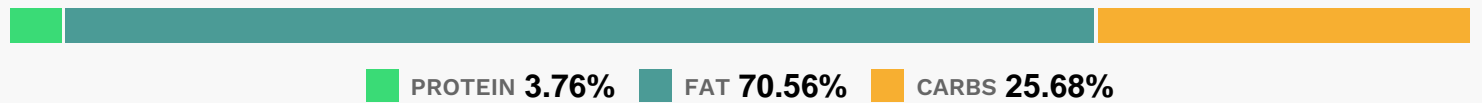
Equipment

- bowl
- pot
- stand mixer

Directions

- Peel potatoes, cut them into large pieces (about 2-inch cubes), and place them in a large pot with heavily salted water and bring to a slow boil over medium-high heat. While potatoes are cooking, cut butter into small cubes and set aside. When potatoes are fork tender, drain well and return to pot; let sit for 5 minutes to dry out.
- Transfer potatoes to the bowl of a stand mixer fitted with a paddle attachment. With the mixer on low, add butter and cream until potatoes are smooth. Stir in scallions, if using, and season generously with salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:24.29, Inflammation Score:-7, Nutrition Score:10.595652160437%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 483.7kcal (24.19%), Fat: 38.93g (59.89%), Saturated Fat: 24.63g (153.95%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 29.47g (10.72%), Sugar: 1.83g (2.04%), Cholesterol: 106.22mg (35.41%), Sodium: 19.35mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin B6: 0.6mg (29.98%), Vitamin A: 1342.15IU (26.84%), Potassium: 758.2mg (21.66%), Vitamin K: 21.95µg (20.9%), Manganese: 0.28mg (14.04%), Vitamin C: 11.22mg (13.61%), Phosphorus: 117.19mg (11.72%), Magnesium: 42.79mg (10.7%), Vitamin B1: 0.15mg (9.97%), Fiber: 2.41g (9.63%), Copper: 0.19mg (9.49%), Vitamin B3: 1.83mg (9.14%), Iron: 1.6mg (8.9%), Folate: 30.58µg (7.64%), Vitamin E: 1.15mg (7.63%), Vitamin B2: 0.11mg (6.63%), Vitamin B5: 0.61mg (6.11%), Vitamin D: 0.9µg (6.01%), Calcium: 49.96mg (5%), Zinc: 0.61mg (4.03%), Selenium: 1.71µg (2.44%), Vitamin B12: 0.1µg (1.63%)