



## Classic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

### Ingredients

- ☐ 0.8 cups milk
- ☐ 8 servings pepper freshly ground
- ☐ 4 large baking potatoes ( 2 pounds total)
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons butter unsalted

### Equipment

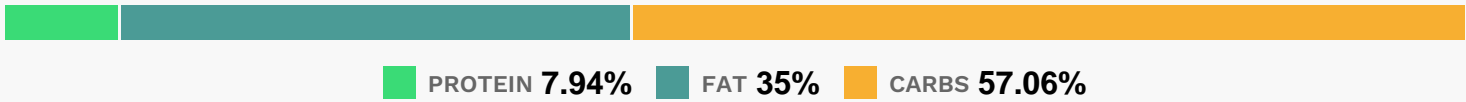
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ pot
- ☐ double boiler
- ☐ potato masher
- ☐ microwave
- ☐ potato ricer

## Directions

- ☐ Peel the potatoes and rinse under cold water.
- ☐ Cut each into quarters and place in a 3-to 4-quart saucepan. Cover with cold water, partially cover the pot, and bring the water to a boil. Uncover, add the 1 teaspoon of salt, and reduce the heat so the water boils gently. Cook until the potatoes are tender when pierced with a fork, about 10 to 12 minutes. Meanwhile, in a small saucepan, heat the milk and butter together until the butter has melted and the mixture is hot but not boiling.
- ☐ Drain the potatoes and return them to the warm pan over low heat for 1 minute to evaporate any excess water. Use a potato masher, ricer, or food mill to mash the potatoes. Stir the milk and butter mixture into the potatoes, a little at a time, until the potatoes are as soft and moist as you like.
- ☐ Add salt and pepper to taste.
- ☐ Serve immediately, or keep warm in the top of a double boiler, or cover and rewarm in a microwave oven.
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## Nutrition Facts



## Properties

Glycemic Index:19.34, Glycemic Load:26.64, Inflammation Score:-4, Nutrition Score:8.8726085994555%

## Nutrients (% of daily need)

Calories: 235.02kcal (11.75%), Fat: 9.4g (14.46%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 34.48g (11.49%),  
Net Carbohydrates: 32.05g (11.66%), Sugar: 2.25g (2.5%), Cholesterol: 25.32mg (8.44%), Sodium: 309.78mg  
(13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin B6: 0.65mg (32.55%), Potassium:  
807.59mg (23.07%), Manganese: 0.3mg (15.23%), Vitamin C: 10.52mg (12.75%), Phosphorus: 127.26mg (12.73%),  
Magnesium: 45.57mg (11.39%), Vitamin B1: 0.16mg (10.98%), Vitamin B3: 1.94mg (9.7%), Fiber: 2.42g (9.7%), Copper:  
0.19mg (9.67%), Iron: 1.6mg (8.89%), Vitamin B5: 0.65mg (6.54%), Folate: 26.16µg (6.54%), Vitamin A: 301.84IU  
(6.04%), Vitamin B2: 0.1mg (5.66%), Calcium: 55.26mg (5.53%), Zinc: 0.64mg (4.27%), Vitamin K: 4.29µg (4.08%),  
Vitamin D: 0.41µg (2.73%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.27mg (1.83%), Selenium: 1.28µg (1.83%)